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Andrews University

School of Education

AN EXAMINATION OF PERCEIVED STRESS AND COPING
PATTERNS OF PASTORAL WIVES IN THE NIGERIAN
UNION MISSION OF THE SEVENTH-DAY
ADVENTIST CHURCH

A Dissertation

Presented in Partial Fulfillment

of the Requirements for the Degree

Doctor of Education

by

Olufunmilayo Janet Ola

August 2003

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ABSTRACT

AN EXAMINATION OF PERCEIVED STRESS AND COPING
PATTERNS OF PASTORAL WIVES IN THE NIGERIAN
UNION MISSION OF THE SEVENTH-DAY
ADVENTIST CHURCH

by

Olufunmilayo Janet Ola

Chair: Elsie P. Jackson

ABSTRACT OF GRADUATE STUDENT RESEARCH

Dissertation

Andrews University

School of Education

Title: AN EXAMINATION OF PERCEIVED STRESS AND COPING PATTERNS
OF PASTORAL WIVES IN THE NIGERIAN UNION MISSION OF THE
SEVENTH-DAY ADVENTIST CHURCH

Name of researcher: Olufunmilayo Janet Ola

Name and degree of faculty chair: Elsie P. Jackson, Ph.D

Date completed: August 2003

Purpose of Study

Most studies examining stress and coping patterns of pastoral wives have been conducted from an advanced country background. Even though all the researchers agreed that these pastoral wives do experience a certain amount of stress, very little is known about pastoral wives in third-world countries who are faced with poverty, illiteracy, diseases and cultural restraints. Therefore, the purpose of this study was to examine perceived stress and coping patterns of pastoral wives of the Nigerian Union Mission of the Seventh-day Adventist church.

Methodology

A quantitative method of collecting data was used in this study. The two psychological instruments used in collecting the data were the Derogatis Stress Profile (DSP) and the Coping Resource Inventory-Adult (CRI-A). These two questionnaires were completed by 205 pastoral wives in group settings during their annual ministerial council meetings. Twenty-four hypotheses were developed around four independent variables of experience, education, age, and conference zones as well as around the different domains of the DSP and the CRI-A. These hypotheses were tested by one-way analysis of variance (1-way ANOVA) and results were analyzed.

Findings

There are significant differences in the personality domain across all variables but no significant differences in the emotional or environmental domains of the stress profile. Wives with more than 20 years of experience have higher stress scores on attitude posture than wives with less experience. Wives with education beyond a college degree have the lowest stress score on time pressure. Wives in the early mid-life group have the highest stress scores in attitude posture, driven behavior, and role definition. Wives from Eastern Conferences have higher stress scores in driven behavior than wives from Western and Northern Conferences.

Significant differences were found in all scales of approach coping strategies only among wives of different conference zones, but no significant differences in all other variables. Wives from both Eastern and Western Conferences use more logical

analysis, positive reappraisal, seeking guidance, and problem solving than wives from the Northern Conferences.

Conclusions

Personality differences do affect the responses to stress as perceived by pastoral wives in the Nigerian Union of the Seventh-day Adventist Church. Cultural differences also affect how they cope with stressful life events.

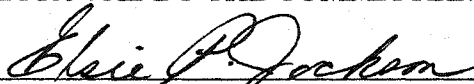
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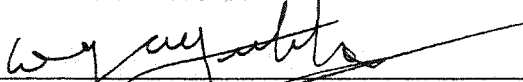
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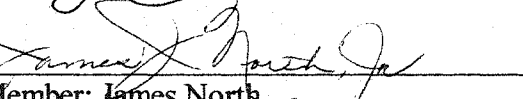
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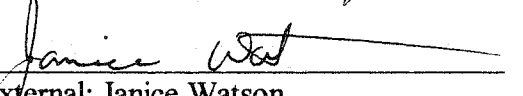
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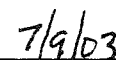

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CHAPTER ONE

INTRODUCTION

Stress has become part of everyday modern life from the moment we wake up in the morning, until late at night when we finally retire to bed. Modern inventions were probably made to ease our tension and get us to relax, yet most people are under constant pressure trying to balance work life with home life. We seem to have been caught up in a web of our own invention. More and more people are experiencing stress-related health problems such as depression, insomnia, heart attacks, and high blood pressure. This situation seems to be present in almost every walk of life. Nolen-Hoeksma, Grayson, and Larson (1999) suggest that women are more likely than men to get caught up in a cycle of despair and passivity over important aspects of their lives, and this may have to do with the annoyances and burdens that come with lower social power. It may also be due to the fact that women tend to be more sensitive in nature. While this may be a problem among women in general, the pastoral wives of the 21st century have peculiar problems that demand special study and interest.

Most of our modern-day life is spent experiencing one type of stress or another. One can experience stress in many ways such as bereavement, divorce, work, marriage, shopping, moving, driving, weather, car problems, financial credit or debit, laundry, housecleaning, studying for exams, or grading students' homework papers, having a

baby, raising a child, going to college, planning for weddings or going on vacation. While a particular situation might be stressful for one person, another might find it pleasurable. The way each person reacts to these situations depends largely on one's emotional state, personality traits, religious beliefs, and a host of other reasons. While some of the above list might actually bring positive outcomes, the way people experience them differs from person to person.

Pastoral wives of the 21st century face many challenges that were not common in the generations before them. Yet the expectations of the church and society pertaining to their roles have not changed much over the years. They are faced with the challenges of pastoral expectations, church expectations, societal expectations, as well as personal everyday stressors. In addition, the pastoral wife of the 21st century has personal educational goals, career goals, and psychological needs which might bring a lot of stressors on her role as a pastoral wife. Pastors have seminary training to prepare them for their roles, but we rarely hear of pastoral wives training for their roles.

Finch (1983) said that the job of the husband naturally structures the wife's life. While this may be true about wives in the public eye, it is much more true in the parsonage. The pastoral wife cannot detach her life from her husband's job as much as a barber's wife or a lawyer's wife might be able to do. Since it has been noted that the two are inseparable, it becomes important for the wife to be adequately catered for in the ministry as much as possible. Over the years, seminaries have taught the act of ministering in all its ramifications, including managing stress in the ministry. There are occasional seminars on marriage and family life, but there have not been adequate efforts made to instruct the pastoral wives, especially in stress management. This could be a

reason why we have seen many pastoral couples leaving the ministry; some have experienced failures and inadequacy, and have been frustrated; some have been unfaithful to their spouses and some have divorced. It may not be an overstatement to say that modern women experience more stress than men and that pastoral wives have not been adequately prepared to manage the kind of stress that comes as a result of being married to a pastor. There is need therefore to embark on a study of this nature. It has become pertinent to study stress management, to examine the coping skills that have worked well for some, as well as those that did not work well, so as to make suggestions and recommendations for future studies.

Statement of the Problem

Most studies on pastoral wives in the past have identified some stressors such as role conflict, educational needs, self-actualization, loneliness, lack of privacy, and self-development (Currow, 1995; Dodrill, 1989; Hackley, 1990; Wimberly, 1992). Most of these researchers are writing from a developed-country background. Even though all these researchers agree that pastoral wives do experience a certain amount of stress, very little is known about pastoral wives in third-world countries who are faced with poverty, illiteracy, diseases, and cultural restraints. In addition, there is the need to examine how certain demographic variables affect their coping skills. Hack (1993) suggests that future research on pastoral wives should take into account personality variables in addition to environmental variables. An attempt is made in this study to consider this suggestion. This study examines stress and coping patterns of pastoral wives in the developing country of Nigeria.

Purpose of the Study

The purpose of this study was to examine stress and coping strategies of pastoral wives of the Nigeria Union mission of the Seventh-day Adventist church using the Derogatis Stress Profile (DSP) and the Coping Resource Inventory-Adult (CRI-A).

Significance of the Study

Lazarus and Folkman (1984) argue extensively on the need to see the concept of stress as an interaction between personality, environment, and the stimulus. This study is an attempt to understand the stress concept in the light of this theory. It is hoped that, first, this study will open a new field of research interest for the academic community since not much has been studied about pastoral wives in Africa in general and Nigeria in particular. Second, the world body of the Seventh-day Adventist church will be informed about what goes on in those less privileged communities, thereby enabling the church to plan programs to help them. Third, the local Shepherdess International Club of pastoral wives will have a document to work with to help them discover areas of their lives that need adjustments so as to live a balanced life and have a more fulfilling ministry.

It is also hoped that this research will benefit counseling and educational psychologists who may have the desire to develop stress management programs for groups or individuals.

Definition of Terms

Stress: There are many definitions of stress and debates are still on as to whether stress should be defined scientifically, psychologically or otherwise. The scope of this

paper will not give room for the pros and cons but rather a focus on the definition as it applies to our subject matter. Stress is a “set of changes that people undergo in situations that they appraise as threatening to their well being” (Auerback & Grambling, 1998).

Pastoral Wife: In the context of this study, pastoral wife is synonymous to the wife of the gospel minister, clergy’s spouse or any related term.

Nigerian Union Mission: The administrative organ of the Seventh-day Adventist Church in Nigeria. The Nigerian Union Mission is made up of nine local conferences.

Conferences: For the purpose of this study, a conference is the local administrative unit of the Seventh-day Adventist church in Nigeria. A conference is made up of several local churches.

Conferences Zones: A group of conferences located in a particular geographical area of the country.

West African School Certificate: This certificate is equivalent to a high school diploma obtained by passing the West African school certificate examinations at the end of high school career.

General Certificate of Education: Equivalence of a high school diploma obtained by sitting for the general examinations. One may study for it individually or with the help of a continuing education program. It is similar to the GED in United States of America.

Teachers’ Grade Two Certificate: Obtained by attending a teacher training college, usually of high school equivalence.

Ordinary National Diploma (OND): This diploma is the equivalent of an associate degree. It is obtained after attending a polytechnic college for two years after high school. It is similar to a community college in the United States.

Higher National Diploma (HND): Equivalence of a Bachelor's degree obtained from a polytechnic college specially designed for those interested in advanced technical education.

National Certificate of Education (NCE): A three-year post secondary education in a college of education specially designed for training teachers at a higher level.

Setting of the Study

European imperialists created the modern nation of Nigeria. The first arrivals were the Portuguese who wanted a sea route to West Africa for the purpose of diverting the minerals that were exported through the Sahara trade route to European and Asian countries. The items exported included tin, iron ore, gold, and pepper. French and British traders soon became chief competitors during the period known as the "scramble for Africa." Exploration soon led to exploitation, and this was followed by greed that gave birth to the awful slave trade. Finally, the British abolished the slave trade in 1807 (Meyers, 1989).

Christian missionaries followed the explorers with Christianity and education in the coastal areas. Conditions did not allow them to make headway in the northern part of the River Niger because the North had already been established in the Islamic religions through many years of trade relations with North Africa and Asia. Later, the colonial masters divided the area into southern and northern protectorates. In 1914, the northern

protectorate was amalgamated with the southern protectorate. This union brought about modern-day Nigeria. The name Nigeria was coined out of the River Niger, meaning Niger area. Nigeria remained under British rule until 1960 when she received her independence.

Nigeria is a land of rich mineral resources. Petroleum has become the major export since 1981. In addition, there are mineral deposits of gold, coal, tin, bauxite, and iron. Despite these endowments, Nigeria has suffered political instability for most of her 42 years as an independent nation. This instability can be traced to ethnic mistrust and religious intolerance and the ambition of the military officers who seized power for over 25 years from the democratically elected government.

Nigeria is a mixture of more than 250 ethnic groups with three dominant tribes: Ibo, Hausa, and Yoruba. The languages of the three dominant groups could be understood and spoken by most people in each geographical area. Thus we have the Ibo-speaking group residing in the southeastern part of Nigeria, the Yoruba-speaking group in the southwestern part, and the Hausa-speaking group residing in the northern part of the country. As if that is not enough, there are three opposing religions in the country: Christianity, Islam, and Animism (Nelson, 1982; Schwarz, 1983). These religious groups mistrust one another greatly, and like the Bible asks, "Can two work together unless they agree?" (Amos 3:3). Currently, there are 36 states in Nigeria with a separate capital territory, very much patterned after the democratic government of the United States of America. For the third time, democracy is in place.

Christianity came into Nigeria in the 19th century after the abolition of the slave trade. Evangelistic work commenced among the Yorubas as far back as 1845 when the

Church Missionary Society arrived. One of the first bishops in West Africa was Bishop Ajayi Crowther who was rescued from the slave ship as a young boy and trained by the church (Lucas, 1948). Among the first arrivals were the Church of England, Methodist, Baptist, and Catholic churches. The Seventh-day Adventists (SDA) came much later, in 1914. Currently there are 662 established SDA churches and a baptized membership of 192,251 in the country with a population of 113,829,000, according to the *Seventh-day Adventist Yearbook* (2002). The Nigerian Union Mission of Seventh-day Adventists is comprised of nine local conferences. They are the Southwest Nigerian, West Nigerian, East Nigerian, Rivers, East Central, Edo-Delta, Northwest Nigeria, Northeast Nigeria, and Southeast Mission.

The church has witnessed a lot of growth in the past few years, and there are insufficient pastors to meet the ever-increasing growth needs. It is not surprising to see one pastor managing three to four churches with the help of lay elders. Sometimes the churches are far from each other and the pastor might have to depend on the local transportation systems, which can be irregular and unreliable due to bad roads or bad vehicles.

The typical challenges experienced by pastoral couples in the Nigerian Union Mission include loneliness, lack of privacy and financial constraints. Loneliness is due to the fact that the pastor oversees several churches at the same time and therefore does not spend adequate time at home. Lack of privacy is due to the fact that most pastoral couples live on church premises which the laity see as an extension of their church and therefore are constantly at the minister's home. Financial constraints brought about as a result of

having to share their restricted budget with needy families who always come to the parsonage for help. No doubt such situations are stressful to the pastoral couples.

Research Questions

This research sought to answer the following questions:

1. Are there significant differences of perceived stress in the personality domain among wives of different experience levels?
2. Are there significant differences of perceived stress in the environmental domain among wives of different experience levels?
3. Are there significant differences of perceived stress in the emotional domain among wives of different experience levels?
4. Are there significant differences of perceived stress in the total stress levels among wives of different experience levels?
5. Are there significant differences of perceived stress in the personality domain among wives of different educational status?
6. Are there significant differences of perceived stress in the environmental domain among wives of different educational status?
7. Are there significant differences of perceived stress in the emotional domain among wives of different educational status?
8. Are there significant differences of perceived stress in total stress domain among wives of different educational status?
9. Are there significant differences of perceived stress in the personality domain among pastoral wives of different age levels?

10. Are there significant differences of perceived stress in the environmental domain among pastoral wives of different age levels?
11. Are there significant differences of perceived stress in the emotional domain among pastoral wives of different age levels?
12. Are there significant differences of perceived stress in the total stress among pastoral wives with different age levels?
13. Are there significant differences of perceived stress in the personality domain among wives of different Conference zones?
14. Are there significant differences of perceived stress in the environmental domain among wives of different Conference zones?
15. Are there significant differences of perceived stress in the emotional domain among wives of different Conference zones?
16. Are there significant differences of perceived stress in the total stress among wives of different Conference zones?
17. Are there significant differences in approach-coping strategies among wives of different experience levels?
18. Are there significant differences in the avoidance-coping strategies among wives of different experience levels?
19. Are there significant differences in the approach-coping strategies among wives of different levels of education?
20. Are there significant differences in the avoidance-coping strategies among wives of different levels of education?

21. Are there significant differences in the approach-coping strategies among wives of different age levels?
22. Are there significant differences in the avoidance-coping strategies among wives of different age levels?
23. Are there significant differences in the approach-coping strategies among wives of different Conference zones?
24. Are there significant differences in the avoidance-coping strategies among wives of different Conference zones?

Delimitations

The following delimitations were used in the study.

1. The sample was limited to 267 pastors' wives in the Nigeria Union of Seventh-day Adventists.
2. The sample was limited to pastoral wives who are currently in active service.

Organization of the Study

The dissertation is organized into five chapters.

Chapter 1 includes the introduction, statement of the problem, significance of the study, setting of the study, purpose of the study, research questions, and delimitations.

Chapter 2 consists of the review of literature on the theoretical perspectives of stress; stress and demographics, such as gender, age, education, personality, women's health, and culture, coping strategies such as problem-focused, emotion-focused, appraisal-focused, avoidance, cultural and religious coping.

Chapter 3 describes the methodology and type of research. This includes the population and sample selection, variables, instrumentation, data collection and recording, null hypotheses tested, and method of analysis.

Chapter 4 contains a sample description, basic data on results of instruments, hypotheses testing, and summary.

Chapter 5 provides the summary, findings of the study, discussion, conclusion, and recommendations.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

Several studies have been conducted on stress and coping as it relates to different population samples. While there has been a general interest in women studies in recent years, very little has been done on pastoral wives in particular. This review of literature will be conducted around the following themes: theoretical perspectives on stress, family stress, women and stress, stress and demographics, stress and personalities, coping strategies, pastoral wives' development, and stress among pastoral wives.

Theoretical Perspectives on Stress

There are three basic schools of thought concerning the concepts of stress, namely; response theory, stimulus theory, and cognitive appraisal theory.

Response Theory

The view that emerged from this theory is the fact that stress is a response to external stressors within the person. Foremost among those in this school of thought is Hans Selye whose work dates as far back as 1936. He propounds his theory on the General Adaptation Syndrome (Selye, 1956) which demonstrates three levels of reaction to stress by experimenting on rats. According to him, when a person or organism reacts to a noxious agent, the first reaction is the alarm stage of shock and countershock. Further exposure to the stress may lead to the second stage in which the organism adapts by

resisting the stressor. If the stressor remains unabated, it may lead the organism to the third stage, which is exhaustion. Further exposure at this stage may even cause death according to Selye (1970). He also distinguished between good stress and bad stress. According to him, the capacity of an organism to pursue a realizable goal, even though it is done under stress, is good stress because the feeling of fulfillment at the end of the goal gives the energy to withstand the stress. This type of stress he called “eustress.” The other extreme is the pursuit of a goal that is not realized which results in bad stress or “distress” according to Selye. This is a response-oriented theory in which the stress level is determined by the person’s response.

Modern researchers do not agree totally with this theory because they feel that human emotions are different from those of rats. Human beings are able to control their environment. King, Stanley, and Burrows (1987) have also observed differences in the patterns of endocrine glands associated with such human stressors as exercise. They further state that changes in body chemistry do not necessarily mean that a person is stressed.

Stimulus Theory

Stimulus theorists view stress as the engineering model in which each organism has a certain capacity for withstanding a stressor, and when the stressor experienced is greater than the organism’s capacity, then there will be stress. In other words there must be a stressor that stimulates an organism beyond his strength before he can experience stress (Cox, 1978). In support of this theory, Elliot and Eisdorfer (1982) classify certain stressors in different categories such as acute, sequence, chronic intermittent, and chronic stressors. Other researchers who did not agree with this theory raise concern over basing

stress only on stimulus in the environment, leaving the organism as playing no role in the stress process. These researchers bring about the interaction theory of stress.

Interaction Theory or Cognitive Appraisal

Perhaps one of the earliest proponents of this theory is Lazarus and Folkman (1984) with their cognitive appraisal theory of stress. The Interaction theorists believe that the organism mediates between stimulus and response before there can be stress. The organism is a significant component of people's environment because they must engage their perceptual, cognitive, and physical abilities to respond to whatever goes on in his environment (Lazarus & Folkman, 1984). Events stressful to one person may not be stressful to another. They also agree that there are differences in the way individuals respond to their environments and in the way they perceive situations.

Family Stress Theory

A brief overview of this theory is necessary because it forms the basis for this study. In studying post-war families, Hill (1949) came out with the idea of the ABC-X model of family stress. According to the model, 'A' represents the stressor or hardship, 'B' represents the resources available to the family in dealing with the stressor, 'C' represents how the family defines the stressor, while 'X' stands for the disruption that the hardship causes on the family system. The question then arose whether it was possible to have more than one stressor at the same time. For example, a wife whose husband failed to return from the war and does not know whether the husband is dead or alive, yet has to go on managing the family crisis, raising children alone, taking care of finances and having personal unspoken fears, has a fair share of stressors. In tackling this

problem, McCubbin and Patterson (1982) posit that families do go through several phases of adjustments and adaptations in which the ABC-X factors continue to interact. They propose the Double ABC-X Model, in which additional life stressors place extra demands on the family resources as well as require new definitions of the meanings of the situation and the coping strategies employed. Further expansion on this proposal leads to the “Stress Pile-Up theory” (McCubbin & Patterson, 1983). Burr and Klein (1994) expatiated on the Stress Pile-Up theory by defining family stress as a process that interrelates with other processes. According to them, family systems must undergo stress in order not to become redundant and repetitive. They suggest three levels of coping with stress.

At the first level the family relies on family rules and standards. If this does not work, they move on to the second stage where some fundamental changes or adjustments are made, and when this does not work the family moves on to the third stage where their basic beliefs are questioned and changes are made.

While some families may be able to resolve the crisis at every stage, others may find it difficult to resolve. McCubbin and Patterson (1982) define the Stress Pile-up theory as a time when old crises from previous stages are not resolved and may resurface in addition to new crises. If family crises are resolved at each stage, then the family can go on to maturation, and if the crises are not resolved, they pile up until they become too difficult to manage.

Alcorn (2000), in his study on family stress, asserts that there are also career developmental stages. He states that subjects who are in the early stages of their careers tend to adopt more emotional-focused, interpersonal coping strategies. They tend to be

more self-controlling and distancing. Those in later stages of their careers take a stand of maintenance and disengagement when coping with stress. He also claims that women tend to use more social support and positive appraisals with work-family-related stress.

Some parents perceive their children's demands as stressful, but both parents differ on their perceptions of the helpfulness of social support (Jones, Angelo, & Kokoska, 1999). Family stressors include the sharing of family responsibilities such as child care, meal preparation, and cleaning. In most cases it has been found that women carry more of the household responsibilities than men. Starrels (1994) finds that most women who work outside the home retain 75-80% of the household responsibilities. In Canada, women with full-time outside jobs spend an average of 54 minutes a day on meal preparation while the employed men spend 19 minutes (Devereaux, 1993). In families where husbands have shared household duties with their wives, studies have shown a positive psychological well-being (Gray, Lovejoy, Piotrkowski, & Bank, 1990).

Financial strain has also been found to relate elevated depressive symptoms and parenting quality. The parenting quality in the long run is related to children's behavior problems and preschool ability (Jackson, Brooks-Gunn, Huang, & Glassman, 2000). Another area of note is the fact that changing patterns of family time have become one of the main points for family stress (Daly, 2000). Personal problems like domestic violence, child care, and financial problems have been cited by Ohison (2001) as major stressors in working families.

Dealing with many stressors at the same time can be understood in the light of the ABC-X model of family stress. McGee (1998) finds a significant relationship between family life stages and the coping pattern employed by the family system. In

addition to going through these different stages of family crisis, demographics such as age, education, work experience, and socioeconomic level may have their parts to play in understanding stress in the family.

Stress and Demographics

Various demographics such as gender, age, education, socio-economic status, and cultural bias may impact a person's stress level. This part of the review examines such variables.

Stress and Gender

Earlier studies done on women suggest gender differences in mental illness as it relates to stress. They suggest that women are more likely to experience mental illness than men because of their multiple social roles (Gove & Geerken, 1983; Downrenwend & Downrenwend, 1974). Recent literature also seems to agree with previous work on gender and stress. According to Edmondson (1997), coping behavior and emotional experience differ between men and women. Both McNulty (1998) and Hunter (1998) agree in their studies that there are gender differences in stress perception and coping styles. Alspaugh (1999) suggests a role reward to buffer the effects of role stress on women. This suggestion is in agreement with previous literature that the multiple social roles of women affect their health.

A masculine gender role seems to correlate negatively with work stress, while a feminine gender role correlates with family stress in Sunick's (1999) study. Women performing multiple roles, or what is referred to in literature as the "super woman syndrome," tend to have feelings of being overwhelmed, stressful, and tired. The

suggestion from several studies is that women, most of the time, experience feelings of lack of control over their lives as a result of trying to be all things to all people until they become fatigued, irritable, and tired (Berger, Cook, DelCampo, & Herrera, 1994; Piechowski, 1992).

Since the women's movement of the 70s, women continue to struggle with new challenges without giving up old beliefs about gender roles and expectations. Coping with the new challenges in addition to the traditional roles is a source of stress that is affecting many women's health (McBride, 1997). Women in Western society are found by Kessler and McLeod (1984) to have a higher rate of psychological distress than their male counterparts, due to problems associated with marital status, number of children, and employment status.

Farwell (1999) found gender to be related to experiences of burnout. She suggests that female teachers are less likely to experience burnout than their male counterparts which she said may be related to their sense of belonging associated with living in a small community. While some women may have more stress because of their multiple roles, others may experience less stress.

Stress and Age

Women of different age groups may differ in the amount of stress they have to cope with depending on what stage of life they are in. Kenney (2000) posits that middle-aged women (age 30-45) experience significantly more stressors than older women even though the younger women had fewer health problems. In addition, she found older women (age 46-66) have fewer stressors and they experience healthy personalities. This may not be surprising when you consider the fact that middle-aged women may still be in

the second or third stage of Rapoport's theory of family stress while older women may be approaching or already in their last stage, which is the retirement stage. Other researchers who support differences along age lines include Field (1998) and Won-Kyung (1998). They report that young and middle-aged women may be more stressed as a result of juggling such elements as raising children, spousal demands, and occupational roles.

Stress and Women's Health

The stimulus theory of stress has suggested that stress can be linked with illnesses. Vberbrugge (1989) supports this theory by suggesting that women's roles and stress are related to role dissatisfaction and that it is a contributing factor in poor health. Kenney and Bhattacharjee (2000) also reported that women's symptoms of health problems were related to their amount of stress and personality traits. About 50% of working-women in Collin, Hollander, Koffman, Reeve, and Seider (1997) felt that stress had some sort of effect on their health.

In *Women's Health Weekly*, Kohn (2002) reported that stress could increase the risk of heart disease in women especially after menopause when the estrogen levels are reduced. Holt-Lunstad, Clayton, and Uchino (2001) also find diastolic blood pressure (DBP) reactivity to be higher in women when competing against men. These findings make the study of stress among women very important.

Stress and Culture

Another area of interest worth examining is whether culture plays any role in the stress level of individuals. There has been opposing views concerning the relationship

between ethnicity and stress. Mirashidi (1999) finds no significant differences in the amount of work stress or work-family conflict between White women and minority women. She, however, notes that minority women report more negative life stress than White women. African American women indicate the use of avoidance coping when dealing with stress associated with racial discrimination according to the study by Utsey and Ponterotto (2000). While the culture of North America emphasizes individual achievement, competitiveness, and impersonal relations, that of the South Asian culture has been found to be more family oriented (KaKar, 1981; Ostrov & Offer, 1980). This difference in culture will have different impacts in the stress level of people living in these areas. Rokach and Brock (1998) support the view that individuals with different cultural backgrounds may deal with the stress of loneliness in different ways. Rokach (1999) noted some significant differences in the coping strategies across three cultures: North America, South Asia, and West Indian. The views cited here suggest that culture may or may not affect stress depending on the situation and impact of the stressors.

Stress and Personality

Personality, as defined by Adler (1982), is a person's uniqueness or individuality as expressed by his convictions, goals, and personal beliefs. Personality has a role to play in the job-related distress, posits Piedmont (1993). Several studies link personality functions with stress and coping. The suggestions coming from these studies are that negative disposition influences stress coping (Parkes, 1990; Waston, 1990). Other findings even maintain that all psychological distress and daily hassles may be accounted for by the personality trait of neuroticism (Costa & McCrae, 1985). Another view is the finding of Hart and Wearing (1995) in which they suggested that personality dimensions

of neuroticism and extraversion may be the strongest predictors of police officers' psychological well-being. In this situation, instead of neuroticism and extraversion being a negative affectivity, it turns out to be positive. The fact that personality plays a role in both negative and positive reactions supports the early suggestion of Lazarus and Folkman (1984) concerning the interaction between person, environment, and the stressor.

Kobasa (1982) sees hardiness as a healthy trait for coping with stress. Other traits that may help in stress coping include assertiveness, altruism, and confiding in others (Luks, 1992; Pennebaker, 1988; Solomon, 1981). Martin (1999) finds that females have higher role overload and stress than men. Kobasa (1979) suggests that personality functions as a resistant resource when one encounters stressful life events. Several studies have been conducted as follow-up to these assumptions. Sandal, Endresen, Vaernes, and Ursin (1999) suggest that interpersonal characteristics need to be considered in the selection of submariners and personnel for other military settings because they are usually exposed to prolonged stress and isolation.

Other studies argue about the negative and positive influences of certain personality traits in coping with stress. Some believe that people high in extraversion and low in neuroticism are genetically endowed with emotional stability (Costa & McCrae, 1984; Watson, Clark, McIntyre, & Hamaker, 1992). Supporting this view, Magnus, Diener, Fujita, and Pivrot (1993) find that extroverted students experience a greater number of positive events in their school life than others. On the other hand, they also find that students scoring high on neuroticism are prone to experience negative vents such as illness, weight gain, and related problems.

Some studies link personality function with stress and coping. The theme emerging from these studies suggests that negative affect has influence on stress coping (Endler & Parkers, 1990; Watson, 1990). Other studies link psychological distress and daily hassles to the personality traits of neuroticism (Costa & McCrae, 1985). Hart and Wearing (1995) disagree with previous studies in that they found the personality dimensions of extraversion and neuroticism to have the strongest predictors of police officers' psychological wellbeing.

Another dimension of this argument is the fact that some have found in their studies that personality may enhance or diminish the immune system of a person during stressful life events. Kobasa, Maddi, and Kahn (1982) see hardiness as a healthy trait for coping with stress. Other traits linked to health by other researchers included altruism, confiding in others, assertiveness, and opening up (Luks, 1992; Pennebaker, 1990; Solomon, 1981). Increased risk among women who develop stress-related illnesses has been linked with their emotional reaction stressors. Females have been found to have higher role overload and stress than men (Martin, 1999). On the other hand, Leonardo (2000) does not find a relationship between instrumental or expressive traits and anxiety in women. In another development, Padilla, Wagatsuma, and Lindholm (2001) find generational differences in self-esteem and locus control. The important thought emerging from this review of personality and stress is that personality affects stress in many ways. The effect may be negative or positive. This supports the theory of Lazarus and Folkman (1984) that stress be studied by examining the interaction between the person, the environment, and the stressor.

Coping Strategies

In the study of coping strategies, one must first distinguish between coping resources and coping strategies because both terms have often been used interchangeably in literature. Coping resources are the individual's collective strengths at their disposal during the time of stress, such as health, intelligence, emotional stability, and social support (Burr, 1994). Cultural background and religious beliefs may be viewed as part of our social support system.

Coping, as defined by Lazarus and Folkman (1984), is a constantly changing cognitive behavioral effort used to manage specific demands that may be taxing or exceeding the resources of the individual at a given time. They go further to categorize coping into two functions: problem-focused and emotion-focused coping. While Lazarus and Folkman distinguish only two coping strategies, problem focused and emotion focused, other researchers include appraisal or reappraisal as the third dimension. Ender and Parker (1990) propose the three models entitled problem-focused coping, emotion-focused coping, and avoidance coping. Moos and Bilings's (1982) first strategy of problem-focused coping includes information seeking, problem solving and developing alternatives like religion. The various types of coping emerging from literature are defined as below.

Problem-Focused Coping

Problem-focused coping deals directly with trying to change a damaging or threatening relationship between the person and the environment while emotion-focused coping tries to regulate the emotional distress that is produced by the relationship.

Emotion-Focused Coping

The second strategy of emotion-focused coping includes wishful thinking, acceptance or submission, and emotional disengagement like crying.

Appraisal-Focused Coping

The third strategy of appraisal-focused coping has to do with logical analysis, cognitive redefinition, and cognitive avoidance.

Avoidance Coping

Another type of coping found in literature is avoidance coping. This is a denial or refusal to deal with the stressor. Both the models of Ender and Parker (1990) and that of Moos and Billing (1982) are similar to that of Lazarus and Folkman with the exception of the appraisal dimension, which the latter did not treat as a strategy but as an element that makes the process of interaction possible.

Martin (1999) finds avoidance coping to be related to low self-efficacy while emotional coping is related to higher-level role overload and problem solving is related to role conflict. From the study of Brink and de la Rey (2001) emerge yet two other types of coping called cognitive appraisal and escape avoidance. Dewe and Ng (1999) also argue whether coping could be activated without appraisal or whether a more complex relationship exists between appraisal and coping. Their result indicates that there is a significant relationship between coping and appraisal, although certain coping responses to a stressor may arise without appraisal. Roth and Cohen (1986) suggest that approach coping should be used in a controllable situation when the source of stress is known.

They also suggest that avoidance coping be used when emotional resources are limited or the source of stress is unclear.

Moos and Billings (1982) propose three strategies of coping: appraisal-focused coping, where attempts are made to redefine the situation; problem-focused coping, where attempts are made to address the problem; and emotion-focused coping, where attempts are made to manage the aroused emotion. It seems that each person defines the coping strategies in the terms that make sense to them. The commonest strategies emerging from these various researchers are problem-focused, emotion-focused, and avoidance coping. Other empirical studies supporting either of these foregoing views include McRae (1984) who suggests that the avoidance-coping strategy may actually reduce stress because energies are redirected at something else instead of dwelling on the stressor.

Moos and Billing (1982) put both cognitive redefinition and cognitive avoidance under appraisal-focused coping. Again we see confusion in the use of the terms by different researchers. Hart and Wearing (1995) posit that problem-focused coping results in positive work experience, and emotion-focused coping showed negative work experience. Consistent with this finding, Martin (1999) also finds avoidance coping to be related to low self-efficacy while problem-solving coping is related to low role conflict and emotion-focused coping is related to higher role conflict. Alcorn (2000) however groups escape-avoidant together with emotion-focused coping.

Cultural Coping

In another dimension, Jackson (1999) identifies different coping styles based on either active or passive coping. It appears that the way people cope with stress depends in a large extent on the type of stressor, the resources at one's disposal, and the environmental conditions at the time of stress. For example, African American women have been found to use avoidance coping to address the issue of racial discrimination. Utsey and Ponterotto (2000) found that African American women use avoidant coping on individual levels while social support worked best on a general level. PierSath (2000) found that Cambodians in North America as well as in Cambodia prefer one-to-one counseling, faith healing through Buddhism, medication, and individual community education as well as support groups and inner focus of self-identity.

Ethnicity has been found to be a major determinant of the use of emotional-oriented coping styles between Swedish and non-Swedish people. Those of Swedish origin are found to use less of emotionally oriented styles in comparison with their non-Swedish citizens posit Lindquist, Carlsson, and Per-Olow (2000). South Asians and West Indians seem to be significantly influenced by religions and cultural norms, while their North American counterparts have the highest score on social support networks according to Bhogle (1991).

Religious Coping

Another area mentioned in literature is the idea of religious or spiritual coping. Religion may act as a buffer to enhance positive effects like love, being valued, and being cared for by God. Another way that religion may help in coping with life events is in

terms of the attribution it brings according to the study done by Dein (1997). It should however be noted that religion may not be the only solution in time of distress as we find in the study of Kloosterhouse (2000) where families who use religion as a psychosocial resource do not report a significant decrease in their stress during the chronic stage of illness.

The Development of Pastoral Wives

Historical Perspectives

Perhaps the best place to look for the initial development of the pastoral wives is the Holy Bible. We know that some apostles were married as noted by Paul in his writing (1 Cor 9:5) when he said that he also had a right to travel with a believing wife like some other apostles, for example, the brother of the Lord and also Peter. Here we see that the pastor's wife was originally supposed to be a companion to her husband. This was an elevated position for pastoral wives contrary to the predominant culture of the time when wives were not counted. It was not until the 4th century that clergymen, married or not, were forbidden to have sex by Pope Siricus as reported by Barstow (1983). The situation changed when the reformation began and Martin Luther decided to marry Kathy Von Bora. Luther affirmed the sacredness of marriage not only for laymen but also for clergymen. The place of pastoral wives was once again restored (Denton, 1962). Kathy Luther was respected as both a companion and a career woman. Luther once addressed her as the preacher, brewer, gardener, and all things else. On several occasions he addressed her as "dear lord and master, Lutheress, doctoress and priestess" (Tucker, 1988, p. 29).

Some historic pastoral wives pursued their own ministries, some played supporting roles, and many stood in the shadow of their superstar husbands. Examples of such women include Katherine Zell who was married to a Bishop despite the celibacy law for the priesthood during the 16th century, but was never hindered by the controversies surrounding her marriage. She became an activist and a reformer, promoting the rights of priests who opt for marriage and developed a hospitality ministry for Protestant refugees and travelers (Tucker, 1988). Idelette Calvin, the wife of John Calvin, played a supporting role to her husband. Despite her ill health and the loss of several children, Idelette's ministry of hospitality was known all over Europe. Her life brought peace and tranquility to an intense man, and her death made him vow for a solitary life (Tucker, 1988). Susanna Wesley's spiritual influence over her family and neighbors distinguished her as a pastoral wife of excellence. While her husband was gone for several years, this woman managed the home and trained her many children in the way of God. Though little is said about what became of her daughters, her spiritual influence gave the world two great preachers, John and Charles Wesley. She is remembered best not as a pastor's wife but as a devoted mother (Tucker, 1988).

The Different Stages of Pastoral Wives

Limited empirical data are available for the changing roles of pastoral wives. Some researchers on role conflict, role confusion and marital satisfaction of pastoral wives have done some work. Both theoretical and empirical literature will be examined to understand this section of the study.

Sinclair (1981) described the stages of development in the following terms:

1. The Helpmate Stage: This is the traditional pastoral wives stage. At this stage the wife tries to satisfy the husband as much as possible. She gives more of what he wants than what she is.

2. The Enabler Stage: At this stage the wife is beginning to recognize that she cannot be everything to everybody in the church. Her duty is to maintain the home so that the husband can better perform his role.

3. The Liberated Stage: This stage is where Sinclair says the wife is ready to insist on being human. She is ready to resist stereotypes if she has to.

4. The Career Stage: Here, the pastoral wife no longer feels afraid to be her own person and pursue her own goal.

While it may be possible to see pastoral wives today falling into each of the four categories, one can see that a lot of development is already taking place. The stage in which a pastoral wife finds herself will depend very much on education, age, experience, and cultural background. Sweet (1983) in his study on pastoral wives describes his four models of pastoral wives as follows.

The Four Models of Pastoral wives

The Companion Model

Sweet describes the minister's wife in this model as someone who is like a ministering angel, always holding up her husband's hand in his scared calling. A good example of this model was Mrs. Kathy Luther who started her role on her wedding night when Andreas Karlstadt came to their door seeking refuge. She took up immediately the responsibility of companion-helpmate. Her home became the parsonage, orphanage, almshouse, and hospital. Her son Paul, who was a physician himself, called his mother

“half a doctor.” Luther himself paid tribute to her ability to manage every situation (Sweet, 1983).

Most ministers’ wives of the 16th century were expected to perform as financial managers, homemakers, nurses or “half-doctors,” farmers, and at the same time be hospitable to all who might come to their homes.

The Sacrificer Model

Sweet describes this model as someone who clasps her hands in pious resignation. She does not ask her husband for much financial or emotional support so she will not hinder him in his work. Such wives suffer their lack in silence without complaining. Peggy Dow is given as an example of this model, emerging from the 19th century. She is described as someone who served through deprivation, suffering, obedience, and self-abnegation. She spent most of her life traveling to meet her husband, Lorenza at an appointment just so they could be together for a little while. Even when she was seriously ill with tuberculosis, she preferred to die rather than hinder his ministry. Loneliness, hazards, and sickness marked her 15 years of marriage. She died at age 39 and her husband married 3 months after the funeral. The second wife was not a sacrificer. Lucy Dow settled permanently on a farm where Dow painted above the gate the inscription “WOMEN RULE HERE” (Sweet, 1983, pp. 44-75). One will never understand what led to such an inscription, but it definitely gives a message.

The Assistant Model

In the assistant model, Lydia Finney and Charles G. Finney change the role of the minister’s wife for the better in the 18th century. They emphasized the word helpmate as

meaning to help each other. They shared pastoral functions as well as parental functions. Charles especially believed in the power of women's prayer because it was the prayer of Lydia that brought him to conviction, conversion, and calling. Lydia was a real helpmate to Charles's ministry especially in bringing about women's prayer meetings for revivals. She was a model of the evangelical minister's wife. She was useful in ministering to other ministers' wives of her time. Female preachers began to emerge, the holiness movement began, and women's were seen exhorting in camp meetings. Ministers' wives began to pioneer various women groups and worked in various church missions. Lydia was seen as an authority of her time, especially in movements that had to do with material associations and child development. She also was connected with movements against slavery (Sweet, 1983, pp. 76-107).

The Partnership Model

The partnership model consists of women who minister fully with their husbands or develop their own ministries alongside that of their husbands. Elizabeth Finney, who married Charles Finney after the demise of Lydia, is a good example of this model. She was quick in drawing women to her husband's meetings as well as having extensive speaking engagements that she was careful not to call preaching. Sweet also cited the example of Ellen White and James White of the Seventh-day Adventist church. According to him, historians felt the ministry of Ellen White was more profound in shaping the present Seventh-day Adventist church than that of her husband because of her earnestness, punctuated by series of visions she received from God to throw light on important doctrinal issues of her church. Both Ellen and James White did extensive traveling, sometimes leaving their young children behind to be cared for by other people.

Once, a child's sickness was interpreted as Satan's way of hindering their ministry. Sweet noted that Ellen White's spiritual leadership, theological formulation, and political moves proved most authoritative in shaping the Seventh-day Adventist church (Sweet, 1983, pp. 184-219).

With the foregoing background to the different roles of the minister's wife, we enter the 21st century with the challenge of identifying the roles of the modern-day minister's wife. While it might not be possible to put them all in one category, one may say that there are not too many in the Sacrificer model around today due to more education on the rights of the individual. Women have become more informed, enlightened, and perhaps emancipated than to suffer in silence and die in ignorance. Nevertheless, there might still be some remnants of this model in primitive cultures where illiteracy and male superiority still exist.

Some church members still expect the pastoral wives to take the roles of the companion model, cooking, sewing, farming, and nursing all at the same time. However, enough modernization has taken place that some of those roles may not be necessary except in exceptional situations, like in the rural areas or in primitive cultures.

The assistant model is still very much around and the partnership model has a new name. It is now known as team ministry. It is also imperative to note that each of these four models may depend on personality types and church types. The very conservative churches may not be open to the partnership model as yet, while the more liberal churches, particularly the evangelicals, will receive them with open arms.

Pastoral Wives and Stress

Pastoral wives do experience certain stress in their role, just like any other group of people. Hackley (1990) finds role conceptualization to be positively correlated to stress. In addition, she also sees role conflict as highly positively correlated to stress. The way one sees her role may not be the way others perceive it. This may bring some stress. The way one goes about performing the role may also bring conflict.

The earliest studies found on pastoral wives are those by Douglass (1961) and Denton (1962). Douglass (1961) notes that the role of the minister's wife depends on the type of denomination and the geographical area where the church is located. By this he refers to whether the church was in the city or a small town. He maintains that understanding role expectation is the key to the role satisfaction of the pastoral wife. Denton (1962), while supporting Douglass, also adds that role expectations are acquired over time. An older minister's wife will possibly understand her role better than a younger person. Both Denton and Douglass identify some stressors in the pastoral wife's life, some of which are lack of time, lack of privacy, role confusion, and role conflicts.

Valenzuela (1991) recognizes child-related stress and financial strain as part of the stress that may be present in the pastoral family. The two may be related, since an increase in the number of children requires an increase in the financial responsibilities. Hayes (1977) identifies the stressors affecting the pastoral wives in his study as: lack of time, expectation by the congregation, congregation's demand on the pastor's time, and financial pressure. It seems all these researchers agree that pastoral wives do experience one or more of these stressors as a result of their peculiar calling.

Hack (1993) noted that education, lack of privacy, spiritual well-being, social support, and marital satisfaction account for 54% of the variance in role satisfaction. We shall now examine these stressors one by one.

Factors Leading to Stress Among Pastoral Wives

Self-Actualization

Some pastoral wives have the problem of self-actualization. While those in the liberal churches are close to the self-actualized group, those in conservative churches are closer to the non-actualized group, according to Wimberley (1979). Dodrill notes that the majority of the pastoral wives in his study felt they were not adequately prepared in the seminary for their roles.

Educational Needs

Another area of concern among pastoral wives is the lack of adequate training for their roles. Of the 240 wives in Dodrill's study, 42% indicated a greater need for education. Most pastoral wives believe that they are expected to help their husbands in the work of the ministry but are left out of the ministerial training and continuing education. A good number of them indicate high educational needs, particularly in the areas of stress management (Dudley & Kilcher, 1981; Dodrill, 1989).

Communication

Oswald (1983) rightly noted that the very commodities needed by the pastor's wife, like listening, giving, and caring, are the very ingredients for a good marriage. Communication can become a stressor when the pastor has been listening to other people's problems all day, and has become extremely tired with no energy to listen to his

wife. If such becomes a regular pattern in the home, it will create a communication gap that often leads to other problems in the pastoral family.

Role Expectations

Another area of stress is the expectation of the husbands. Ross (1980) describes the pastor's wife as neither clergy nor laity. She explains further that while the husband may not see his wife as clergy, he expects her to perform certain ministerial duties as well as domestic duties. The congregation, on the other hand, does not see the pastor's wife as laity and so expects her to perform more ministerial roles than the other women of the church. For them, she is an extension of their pastor. Dobson (1995) notes that this role expectation also extends to the pastor who expects his children to behave well even though he may not have enough time to invest in the training of the children. Bouma (1979) says, "She is neither a shepherd, like the pastor, nor is she really part of the flock. She is more like a sheep dog running around in circles with her tongue hanging out, panting from exhaustion" (p. 114). Funny as the foregoing may appear, it describes the true situation of the pastoral wife.

Relocation

Relocation is another major area of stress found in literature to be stressful to pastoral couples. The strain that arises as a result of relocation includes altered financial status, the loss of close relationships, educational needs of the children, and the pressure to succeed in a new environment. Frame (1994) finds wives reporting higher stress levels and more negative perceptions of their most recent location while the pastors experience lower coping resources and lower well-being than did their clergy wives. Watson (1990)

finds a significant difference between ministers and their wives with the wives indicating a higher level of stress than the husbands when it comes to moving or relocating. Messer (1989) is also of the opinion that significant stress is experienced by clergy families in the United Methodist church as occasioned by frequent reappointment.

Loneliness

Loneliness is mentioned as one of the stressors among pastoral wives. Rokach (2001) finds that adult groups cope better with loneliness than others, and women tend to cope better with loneliness than men. It should however be noted that in Hansson's study, loneliness has been linked to depression, anxiety, and interpersonal hostility (Hansson, Carpenter, & Remondet, 1986). Although not all pastors' wives experience loneliness, large portions of them do not have close friends due to frequent transfers, congregational expectations, and a host of other aforementioned stressors.

Finance

It is hard to talk about financial stressors among pastoral couples for fear of being misunderstood. Pastoral couples by their calling are asked to take up their cross and follow Christ. This "call" has been followed dogmatically and its meaning often has been transformed to become a denunciation of all earthly comforts and ease. As a result, many pastoral wives bear the brunt of inadequacy and wants, and yet are expected to be hospitable and generous. Meyrick (1998) explains the financial state of the pastoral couple is like the "amphibians, in air and water, with one foot in the world and one foot in eternity" (p. 104). The pastor is to look for his reward in heaven yet he wants to be comfortable here on earth.

Some of the pastoral wives interviewed by Meyrick feel that the money their husbands earn is ridiculously low compared to the long hours they work. Some complain of not having savings for retirement or having hope for a house when they retire. Langberg (1988) agrees that the issue of financial remuneration poses special problems for the ministers and their wives. They are paid less than most of their contemporaries in other professions, yet they are expected to take care of those in need and to be hospitable to all callers at their door. On the other hand, they are not expected to complain or ask for more money because the Bible talks about the love of money being the root of all evil (1 Tim 6:10). Perhaps there are no straight answers to the financial predicaments of the pastoral couple, but there is no doubt that it has become a major stressor to the modern pastoral wife, hence the need for a dual income in most pastoral homes.

Lack of Family Time

Another factor that may cause stress among pastoral wives is the lack of family time. Ross (1980) and Dudley and Kilcher (1981) indicate in their studies that a lack of family time is a major problem. Some of the complaints of wives in these studies include husbands being on call 24 hours a day and 7 days a week, not being on the priority list of their husbands, and working long hours at the expense of the family. Hackley (1990) also agrees with this view. While these complaints may not be the general trend among all pastors, there is an agreement in literature that lack of family time can be a stress factor.

Stress Measurement

Stress research with its many dimensions requires several dimensional measurements. Lazarus and Folkman (1984) point out that both sociological and psychological aspects of stress may be independent as well as interdependent. They also suggest that stress coping should be measured at the various levels. First we must be aware of the different approaches to the theory of stress: the stimulus-oriented, response-oriented, and interaction theories.

Stimulus-oriented theorists see stress as a disorganization or a demanding event in a person's environment (Cox, 1978). As a result, research based on this theory employs measurements that can measure life events. Certain stimulus theorists like to separate life stressors into categories of acute stressor sequences, chronic intermittent stressors, and chronic stressors. Derogatis and Coons (1993) give examples of such measurements as Schedule of Recent Experience (SRE), Recent Life Change Questionnaire (RLCQ), or Social Readjustment Rating Scale (SRRS).

Response-oriented theorists look at stress from the point of view that stress has to do with the way a person responds to a given demanding event. Based on this theory, self-report measurements abound to measure psychopathology, mood and affect, psychological adjustment, and social competence. The Minnesota Multiphasic Personality Inventory (MMPI) is one of the best known psychological measurements in use (Derogatis & Coons, 1993).

Interaction or transaction theorists look at individuals as mediating between environmental stimulus events and the responses to the events. They measure cognitive perception, personality, and other personal variables such as socioeconomic level,

education, age, sex, health, and a host of other variables. Most of these Interactional measurements are new and not as common as the aforementioned instruments. However, they are beginning to make their mark in identifying specific patterns or behaviors that may explain stress and how people cope. Two examples of this type of instrument are the Derogatis Stress Profile (DSP) and the Jenkins Activity Survey (JAS). The Jenkins Activity Survey is said to measure a specific pattern of behavior that is highly prone to coronary disease while the Derogatis Stress Profile (DSP) measures stimuli from job environment, home environment, and health environment (Derogatis & Coons, 1993).

Other Interaction instruments include the Rating of Statement List (RSL) which is a Dutch instrument designed for the measurement of infraction personality. Another one mentioned is the Maastricht Questionnaire or Dutch scale, with its focus on detecting patients with myocardial infarction and sudden death (Derogatis & Coons, 1993). Other instruments have been developed in this field but may not be mentioned here for the sake of brevity. The selection of a particular instrument will depend in a large sense on the researcher's theoretical basis and his focus of interest.

Summary of Literature Review

There are three basic approaches to the concept of stress: the response theory, the stimulus theory, and the cognitive appraisal or interaction theory. A brief overview of the family stress theory shows that all families do experience a certain amount of stress when one crisis is not solved before another arrives. Certain demographic variables such as gender, age, socioeconomic level, health, and cultural background may affect the stress level of an individual. Literature supports the view that personality dimensions do affect stress. There are conflicting views on the role of hardiness on the health of a person.

Coping strategies were reviewed, and the ones found to be prominent among the many strategies include problem-focused, emotion-focused, and avoidance coping.

The development of pastoral wives by Sweet shows four models of pastoral wives, namely the companion model, the sacrifice model, the assistant model, and the partner model. Pastoral wives experience stress just like everybody else. Pastoral wives' stressors include lack of time, self-actualization, lack of training, loneliness, financial problems, and lack of family time. Stress measurement depends on the theoretical basis of the researcher.

In conclusion, this literature review has shown that the role of pastoral wives is changing. There is stress in every family, and the pastoral family is not exempted. Therefore, there is a need to study the stress and coping skills of pastoral wives.

CHAPTER THREE

METHODOLOGY

The purpose of this study is to examine stress and coping strategies of pastoral wives in the Nigerian Union of the Seventh-day Adventist Church. This special population was chosen because very limited studies have been conducted in this area and most of the studies were conducted outside the African continent. This population is also unique in the sense that it cuts across the many tribal groupings in Nigeria.

Population and Sample

The population from which the sample is drawn consists of 399 pastoral wives of the Nigerian Union of Seventh-day Adventists. It was hoped that a total of 267 samples would be drawn using a quota sampling method, which is based on two thirds of the total population of pastoral wives in each Conference of the Union.

The only limitation for the selection is that participants must be wives of active workers who are currently serving in the Nigerian Union. Table 1 shows the number of pastoral wives in each conference and the number of pastoral wives in the proposed sample.

Table 1

Description of the Sample by Conferences

Name of Conference	Population	Proposed Sample
East Nigeria	103	69
West Nigeria	67	45
Rivers	51	34
South-West Nigeria	44	29
East Central	31	21
North-East	34	23
Edo-Delta	21	14
South-East	16	11
North-West	32	21
Total	399	267

Variables

The dependent variable for this project is stress, comprising three major areas: (a) environmental events domain, (b) personality mediators domain, and (c) emotional responses domain. It also includes two areas of coping: (a) approach-coping, and (b) avoidance-coping. The independent variables are experience, education, age and Conference zones. There are four age levels, namely, young adult wives between ages 20 to 30, adult wives from ages 31 to 40, mid-life wives from ages 41 to 50, and older wives from ages 51 to 65. There are four educational levels, namely; little or no education, high-school level, college level, and graduate level. The experience variable was

measured on three levels, namely, less than 10 years, 11 to 20 years, and more than 20 years in the ministry.

Instrumentation

The pastoral wives were asked to complete three instruments:

1. A demographic questionnaire Appendix A
2. The Derogatis Stress Profile (DSP) Appendix B
3. Coping Resource Inventory -Adult (CRI-A) Appendix B.

The demographic questionnaire asked the pastors' wives to provide information on length of service in the ministry, age, educational status, working status, and name of Conference.

The Derogatis Stress Profile

The Derogatis Stress Profile (DSP) is a 77-item multidimensional self-report inventory designed to measure stress. According to the publishers, the DSP model is derived from the Interactional theory proposed by Lazarus (1966, 1981). According to the theory, stress is comprised of three main components: environmental events, personality mediators, and emotional responses. The DSP is based on these three components, thus we have three domains to be measured. The three domains are subdivided into 11 scales, and each scale has seven specific items, giving a total of 77 items to be scored.

Personality Domain

The five scales measured in the personality domain are: time pressure, driven behavior, attitude posture, relaxation potential, and role definition.

Time pressure

Time pressure has to do with the constraints that go with deadlines, lack of leisure time, getting a great deal accomplished in a short period of time, or constraints on family time. Time pressure may cause high levels of tension, fatigue, and other stress-related conditions.

Driven behavior

Driven behavior has to do with how individuals constantly drive themselves to pursue life goals. People with this trait of personality have a compulsive need to be involved in activities that can be interpreted as tangible accomplishments. This can have both positive and negative results.

Attitude posture

Attitude posture is the way each person relates to a given situation. It has to do with the achievement ethic. Derogatis (1986) says the effect of this posture may cause the individual to direct his focus toward new achievement instead of consolidating and enjoying previous achievements.

Relaxation potential

Relaxation potential involves how some individuals want to take things easy and relax. It looks at the individual capacity for managing stress by healthy diversions from the daily routines of life. Some people do not have it, while others have to strive for it.

Role definition

Role definition has to do with aspects of self-definition that express an individual's makeup both privately to self and publicly to others. Derogatis (1986) postulates that persons whose definitions of self involve highly serious portrayals often appear to have greater stress.

Environmental Events Domain

The three scales measured in this domain are the vocational environment, domestic environment, and health environment.

Vocational environment

Vocational satisfaction or dissatisfaction plays a major role in the workplace. Interpersonal conflicts with peers or superiors and perceived inequities in rewards are some of the factors that Derogatis (1986) suggests cause high levels of stress in the work place.

Domestic environment

Domestic environment involves the home conditions. Relationship with family members may either decrease stress or increase it. The family development stages have a lot to do with our domestic environment. Whether conflicts at each stage are resolved or piled up will play a major role in a person's stress level.

Health environment

Health environment or posture has to do with how individuals cope with health issues like sicknesses, health fitness and wellness, or issues that deal with some health challenges such as battling excess weight.

Emotional Responses Domain

The three scales measured are hostility, anxiety, and depression.

Hostility

The hostility dimension looks at affective experiences generated from emotions such as anger. It has to do with those negative human behaviors like resentment, irritability, and aggression.

Anxiety

Anxiety is another emotional response that can cause worry, tension, or nervousness. Derogatis (1986) views anxiety as a response that can determine a person's life from good health to ill-health.

Depression

Depression is also an emotional response that can come out of fatigue, loss of interest, feelings of loneliness, hopelessness, suicidal tendencies, or feelings of blame or guilt. This sub-scale measures depression in its broader terms instead of in clinical terms.

The total stress score

The scores of the 11 scales are combined to give one single global measure of the person's stress status.

Reliability of the DSP

The reliability of an instrument must reflect the consistency of measurement. In a multi-dimensional self-report instrument like the DSP, one needs to measure the internal consistency and test-retest reliability.

Table 2 gives us a summary of both. The test-retest coefficients are based on a small sample of 34 individuals with stress-related disorders. The period between test and retest was 7 days. Internal consistency coefficients were based on a sample of 847 individuals in 12 different corporations. The test-retest correlations show values ranging from .72 to .92 and the internal consistency coefficients with alpha ranging from .79 to .93. These results suggest that the instrument is reliable.

Validity

Werner (1998) reviewed the DSP and comments that the validity results are very encouraging especially when the DSP is studied in relation to other questionnaire measures. He cites examples of Dobkin, Phil, and Breant (1991) that find a correlation of .80 between the DSP anxiety scores and anxiety scores on the Jenkins Activity Survey.

Table 2

Reliability Coefficients for the DSP

Test Measure	Test-retest ($n = 34$)	Internal consistency α ($n = 837$)
Stress Dimensions		
1 Time pressure	0.92	0.93
2 Driven behavior	0.86	0.88
3 Attitude posture	0.76	0.86
4 Relaxation potential	0.88	0.91
5 Role definition	0.91	0.90
6 Vocational environment	0.77	0.79
7 Domestic environment	0.88	0.86
8 Health environment	0.80	0.85
9 Hostility	0.72	0.81
10 Anxiety	0.82	0.84
11 Depression	0.84	0.85
Stress Domains		
Personality mediators	0.89	0.88
Environmental events	0.83	0.85
Emotional response	0.82	0.83
Global Indices		
Total stress score (TSS)	0.90	
Subjective stress score (SSS)	0.81	

Although it is possible to find areas where the DSP scales may have negative correlation with scales of other instruments, I conclude that the results of the DSP, so far, suggest that its scales are valid. Table 3 shows the pattern of correlation between the primary stress domains and the global scores of the DSP.

Table 3

Correlation Between the Primary Stress Domains and the Global Scores

DSP Dimensions	Personality Mediators	Environmental Events	Emotional Response	Total Stress Score (TSS)
1. Time Pressure	0.64	0.22	0.34	0.52
2. Driven Behavior	0.76	0.35	0.50	0.68
3. Attitude Posture	0.70	0.19	0.32	0.54
4. Relaxation Potential	0.76	0.45	0.46	0.70
5. Role Definition	0.68	0.49	0.48	0.68
6. Vocational Environment	0.25	0.71	0.44	0.51
7. Domestic Environment	0.53	0.76	0.52	0.70
8. Health Environment	0.22	0.62	0.26	0.40
9. Hostility	0.41	0.39	0.76	0.60
10. Anxiety	0.61	0.47	0.83	0.76
11. Depression	0.44	0.57	0.82	0.69
Personality Mediators	1.00			0.88
Environmental Events	0.48	1.00		0.78
Emotional Response	0.60	0.59	1.00	0.84

Coping Response Inventory –Adult (CRI-A)

The Coping Response Inventory is designed to assess eight different types of coping responses to stressful life events. It is a 48-item Likert-type instrument. There are eight scales in the inventory, namely, logical analysis, positive reappraisal, seeking guidance and support, problem solving, cognitive avoidance, acceptance or resignation, seeking alternative rewards, and emotional discharge.

It is useful both for healthy individuals as well as medical patients. There are two versions of the instrument, namely, the adult version (CRI-A) and the youth version

(CRI-Y). It is based on the approach-avoidance framework. Kagee (2001) notes that approach-coping focuses on the problem at hand and reflects the individual's cognitive and behavioral effort to resolve it, while avoidance-coping focuses on emotions and the attempts to avoid thinking about the problem and its implication. Table 4 presents the eight scales of the CRI-Adult and description. According to the author, contemporary theories emphasize the multidimensional aspects of appraisal and coping processes. Internal consistency estimates range from .61 to .74 for males and .58 to .71 for females.

Reliability of the CRI-A

The test indicates moderate to high reliability coefficients ranging from .58 to .74 in the adult and .55 to .79 in the youth version. The test-retest reliability shows a moderate correlation of about .45 for all the scales in 1-year intervals.

Validity of the CRI-A

Various studies reveal that specific scales of the inventory are able to discriminate between clinical groups and healthy control groups. Some of the studies also show that the type of life crisis, evaluation of the stressor, and aspects of personal and environmental events are all associated with the selection of coping responses. Smith Both the CRI-A and the DSP have been tested among men and women of American origin. The cultural validity of these instruments in Nigeria is unknown at this time.

Table 4

CRI-Adult Scales and Description

Scale	Description
Approach Coping Responses	
1. Logical Analysis	Cognitive attempts to understand and prepare mentally for a stressor and its consequences.
2. Positive Reappraisal	Cognitive attempts to construe and restructure a problem in a positive way while still accepting the reality of the situation.
3. Seeking Guidance and Support	Behavioral attempts to seek information, guidance, or support.
4. Problem Solving	Behavioral attempts to take action to deal directly with the problem.
Avoidance Coping Responses	
5. Cognitive Avoidance	Cognitive attempts to avoid thinking realistically about a problem.
6. Acceptance of Resignation	Cognitive attempts to react to the problem by accepting it.
7. Seeking Alternative Rewards	Behavioral attempts to get involved in substitute activities and create new sources of satisfaction.
8. Emotional Discharge	Behavioral attempts to reduce tension by expressing negative feelings.

Data Collection and Recording

Letters of introduction were sent to the sponsors of the local Shepherdess International Club for each Conference, soliciting their cooperation and participation. Phone calls were made to confirm the receipt of the letters. A letter of invitation for

participants was sent directly to each pastor's wife, soliciting her support and cooperation. Letters were also sent to each local Conference President soliciting his support in the various fields. There are nine local conferences in the Nigerian Union.

The questionnaires were administered during the annual ministerial council meetings in each of the three zones. I was assisted by local coordinators of the pastoral wives club, called Shepherdess International (SI), for the administration and collection of the questionnaires. Each participant was required to attend two separate sessions in order to fill out each of the two questionnaires. Each session lasted for approximately 40 minutes. Administration of the CRI was done in groups of 20 each since the question booklets were reusable and the answer booklets were made separately. The very few women who could neither read nor write were helped individually by the researcher and local interpreter during break time. Some of their survey sheets were eventually disqualified for lack of adequate information or for failure to attend the two separate sections.

To maintain confidentiality, no name was required on the survey list. The questionnaires were given personally to each participant and were collected and put in a sealed envelope. I was physically present at all the meetings.

Two hundred and sixty-seven of each of the two questionnaires and a demographic survey were administered according to a quota sampling system representing each Conference. Only 205 were accepted and scored according to the scoring guide of each instrument. Some of the respondents did not complete both the stress and coping questionnaires, while some were disqualified due to too many blank spaces because of inadequate language skills.

Null Hypotheses Tested

The following null hypotheses were tested in the research.

Hypothesis 1: Among wives of different experience levels, there is no significant difference in the mean scores on the five scales and the overall personality domain of the stress profile.

Hypothesis 2: Among wives of different experience levels, there is no significant difference in the mean scores on the three scales and the overall environmental domain of the stress profile.

Hypothesis 3: Among wives of different experience levels, there is no significant difference in the mean scores on the three scales and the overall emotional domain of the stress profile.

Hypothesis 4: Among wives of different experience levels, there is no significant difference in the mean score of total stress level.

Hypothesis 5: Among wives of different educational levels, there is no significant difference in the mean scores on the five scales and the overall personality domain of the stress profile.

Hypothesis 6: Among wives of different educational levels, there is no significant difference in the mean scores on the three scales and the overall environmental domain of the stress profile.

Hypothesis 7: Among wives of different educational levels, there is no significant difference in the mean scores on the three scales and the overall emotional domain of the stress profile.

Hypothesis 8: Among wives of different educational levels, there is no significant difference in the mean score of total stress.

Hypothesis 9: Among wives of different age levels, there is no significant difference in the five scales and the overall personality domain of the stress profile.

Hypothesis 10: Among wives of different age levels, there is no significant difference in mean scores of the three scales and the overall environmental domain of the stress profile.

Hypothesis 11: Among wives of different age levels, there is no significant difference in the mean scores of the three scales and the overall emotional domain of the stress profile.

Hypothesis 12: Among wives of different age levels, there is no significant difference in mean scores of total stress domain.

Hypothesis 13: Among wives of different Conference zones, there is no significant difference in the mean score of the five scales and the overall personality domain of the stress profile.

Hypothesis 14: Among wives of different Conference zones, there is no significant difference in the mean scores of the three scales and the overall environmental domain of the stress profile.

Hypothesis 15: Among wives of different Conference zones, there is no significant difference in the mean scores of the three scales or the overall emotional domain of the stress profile.

Hypothesis 16: Among wives of different Conference zones, there is no significant difference in the mean scores of total stress.

Hypothesis 17: Among wives of different levels of experience, there is no significant difference in the four scales or the overall approach-coping responses.

Hypothesis 18: Among wives of different levels of experience, there is no significant difference in the four scales or the overall avoidance-coping responses.

Hypothesis 19: Among wives of different levels of education, there is no significant difference in the four scales or the overall approach-coping responses.

Hypothesis 20: Among wives of different levels of education, there is no significant difference in the four scales or the overall avoidance-coping responses.

Hypothesis 21: Among wives of different age levels, there is no significant difference in the four scales or the overall approach-coping responses.

Hypothesis 22: Among wives of different age levels, there is no significant difference in the four scales or the overall avoidance-coping responses.

Hypothesis 23: Among wives of different Conference zones, there is no significant difference in the four scales or the overall approach-coping responses.

Hypothesis 24: Among wives of different Conference zones, there is no significant difference in the four scales or overall avoidance-coping responses.

Methods of Analysis

All hypotheses were tested by one-way analysis of variance (ANOVA) for each separate variable and were tested with $\alpha = .05$

Hypotheses 1 to 4 were tested by comparing means among wives of different experience levels in each separate domain of the stress profile. Hypotheses 5 to 8 were tested by comparing means among wives of different levels of education in each separate

domain of the stress profile. Hypotheses 9 to 12 were tested by comparing means among wives of different age levels in each of the separate domains.

Hypotheses 13 to 16 were tested by comparing means among wives of different Conference zones in each separate domain of the stress profile. Hypotheses 17 and 18 were tested by comparing means among wives of different experience levels in each of the coping responses. Hypotheses 19 and 20 were tested by comparing means among pastoral wives of different educational levels in each of the coping responses.

Hypotheses 21 and 22 were tested by comparing means among wives of different age levels in each of the coping responses. Hypotheses 23 and 24 were tested by comparing means among wives of different Conference zones in each of the coping responses.

Power Analysis

For ANOVA with three groups using $\alpha = .05$, $n = 68$, and medium effect size, $f = .25$, table 8. 3. 13 in Cohen (1971, p. 307) gives power = .90.

For ANOVA with four groups using $\alpha = .05$, $n = 51$ and $f = .25$, table 8. 3. 14 in Cohen (1971, p. 309) gives power = .86.

CHAPTER 4

ANALYSIS OF DATA

The research questions in chapter 1 were intended to help me investigate the factors leading to stress among pastoral wives of the Nigerian Union Mission of the Seventh-day-Adventist church as well as the strategies employed in coping with the stress. Four independent variables used in determining the answers are experience, education, age, and Conference zones. Specifically, questions 1 through 4 examined stress and experience, 5 through 8 examined stress and education, 9 through 12 examined stress and age, while 13 through 16 examined stress and Conference zones. Consequently, questions 17 and 18 examined coping and experience, 19 and 20 examined coping and education, 21 and 22 examined coping and age, while 23 and 24 examined coping and Conference zones. This chapter presents first the sample description, second the descriptive statistics of all scales, and then the data findings obtained from all hypothesis testing.

Sample Description

A sample of 267 was drawn using stratified random sampling from a population of 399 pastors' wives. This randomization was done by taking two names out of every three from the list provided to me from the Union Headquarters. Since the names are grouped according to Conferences, further stratification was not needed. The sample

drawn represents two thirds of the population under study. Of the 267 samples drawn, only 205 were used for the study, 40 people were absent from the meetings and did not get the questionnaires. Twenty-two responses could not be used because they were incomplete. The 205 responses used in this study represent 76.7% of the sample.

Descriptive Characteristics of the Sample by Age

In dividing the life span, Papalia and Olds (1989) view young adulthood, ages 20 to 40 years, as a period when people form relationships and choose careers. It is also seen as a time to make decisions whether to have families or not. The next stage of adulthood according to them is from ages 40 to 65 years. This stage is characterized by what is known as the mid-life crisis. Crises do arise as a result of the awareness of the passage of time and the fact that one might not have attained all they have planned. The late adulthood stage starts at age 65.

For the purpose of this study, I sub-divided young adulthood and middle adulthood into two stages each, thereby making room for what Papala and Olds called cultural markers which occur on the average of every 10 years in some parts of Nigeria. The groups are as follows: the young adult group consists of those between the ages of 18-30 years, adulthood for those between ages of 31 to 40 years, early mid-life for ages 41 to 50 years, and late mid-life for ages 51 to 65 years. Table 5 describes the characteristics of the sample by age.

Table 5

Descriptive Characteristics of the Sample by Age

Group	Age range	Frequency	Percentage (%)
Young Adulthood	18-30	58	28.29
Adulthood	31-40	75	36.59
Early Mid-life	41-50	55	26.83
Late Mid-life	51-65	17	8.29
Total		205	100

About 64.9% of the sample were ages 40 and younger, while 35.1% were in the categories of middle adulthood. These data reveal that the pastoral wives of the Nigeria Union are mostly young to middle-age adults.

Descriptive Characteristics of the Sample by Experience

In describing the sample by experience I agree with Stevens-Long and Commons (1992) that young adults have the need to resolve conflicts between individuation and fusion in the context of close relationships. Middle adults continue to individuate in the context of pressure while remaining stable and responsible, and older adults continue to accept their past history as meaningful as they continue to individuate and develop. Experience has therefore been grouped into three major categories. Group 1 represents those who have served as pastors' wives for 10 years or less, group 2 for 11 to 20 years, and group 3 for those who have served for more than 20 years. Table 6 describes the characteristics of the sample by experience. The majority of the participants in this study,

72.2%, had 20 years or less experience as pastoral wives, while 27.8% have more than 20 years of experience.

Table 6

Descriptive Characteristics of the Sample by Experience

Years of Experience	Frequency	Percentage
≤10	80	39.03
11 – 20	68	33.17
> 20	57	27.80
Total	205	100

Descriptive Characteristics of the Sample by Levels of Education

Educational need has been cited in the literature as one of the causes of stress among pastors' wives (Dodrill, 1989; Dudley & Kilcher, 1981). Educational levels in Nigeria are structured a little differently from that of the United States. I have therefore grouped them in their American equivalent for clarity. High-school equivalent includes those with West African School Certificate (WASC), the General Certificate of Education (GCE), and the Teachers Grade Two Certificate. College degree equivalents include all types of first degree, ordinary National Diploma (OND), National Certificate of Education (NCE), and Higher National Diploma (HND). Advanced degrees include all graduate work beyond first-degree level. Table 7 gives the description of the sample by educational levels. Approximately 29% of the wives have little or no education, while

about 66% have high school to college education. A very small percentage, about 5%, has education beyond first degree.

Table 7

Descriptive Characteristics of the Sample by Education

Educational Level	Frequency	Percentage (%)
Elementary	59	28.78
High School	44	21.46
College degree	92	44.88
Advanced degree	10	4.88
Total	205	100

Descriptive Characteristics of the Sample by Conference Zones

As stated in chapter 1, Nigeria is made up of three dominant tribal groups, namely, Ibo, Hausa, and Yoruba. These three major tribes are distinctly different in language, dressing, values, and religious orientations. They are also divided by the natural boundaries of the two rivers, Niger and Benue. Thus, we have the Hausa in the North, the Yorubas in the West, and the Ibos in the East. These tribes are spread throughout the nine different conferences of the Nigerian Union. Thus, we have East Nigeria, Rivers, East Central, and South East conferences in the Ibo-dominated areas in the Eastern part of the country; West Nigeria, Southwest, and Edo-Delta in the West; and

Northwest and Northeast to the North. Table 8 gives the characteristics of the sample by Conference zones.

Table 8

Descriptive Characteristics of the Sample by Conference Zones

Group	Conference Zone	Frequency	Percentage
1	East	102	49.76
2	West	62	30.24
3	North	41	20.00
Total		205	100

Approximately one half of the participants (49.76%) are from the Eastern zone while the other half represents participants from both western and northern zones. This agrees with the pastoral distribution of the Nigerian Union.

Basic Data on Instruments

Derogatis Stress Profile

Two instruments were used in this study. The first instrument is the Derogatis Stress Profile (DSP), a 77-item Likert-type self-report inventory. This inventory measures stress on 11 scales that make up the three domains of the stress profile, namely, personality, environmental, and emotional domains. Each of the 11 scales consists of seven questions. Each question has a scoring range of 0 to 4 points. Thus each scale has

a possible scoring range from 0 to 28 points. Table 9 shows the means, the standard deviation, and the actual range for all responses on the 11 scales of the DSP.

Table 9

Descriptive Characteristics of Responses on the Derogatis Stress Profile (DSP)

Scales		Means	SD	Possible Range	Actual Range
PERSONALITY					
Time Pressure	DSP1	12.073	3.860	0-28	1-22
Driven Behavior	DSP2	15.682	3.291	0-28	7-24
Attitude	DSP3	14.453	3.544	0-28	4-26
Relaxation	DSP4	12.628	3.315	0-28	3-25
Role Definition	DSP5	13.053	3.634	0-28	4-23
ENVIRONMENTAL					
Vocational Satisfaction		9.804	3.783	0-28	0-19
DSP6					
Domestic Satisfaction		9.873	3.629	0-28	0-18
DSP7					
Health Posture	DSP8	8.195	3.110	0-28	0-20
EMOTIONAL					
Hostility Posture	DSP9	11.365	3.310	0-28	2-22
Anxiety	DSP10	13.064	3.636	0-28	5-24
Depression	DSP11	9.746	3.306	0-28	0-20

It can be seen that the scale of driven behavior had the highest mean score, this is followed closely by the attitude scale and role definition scale. These three scales are in

the personality domain. Most of the scales of the personality domain show high mean scores while all the three scales of environmental domain showed low mean scores and low range. Only one scale, the anxiety scale, in the emotional domain shows a relatively high mean score. The participants in this study seem to have more stress in the personality domain than in the environment or the emotional domain according to the DSP. Driven behavior and attitude posture with the highest mean scores seem to be the source of more stress than the other scales, while closely followed by anxiety and role definition. Health posture has the lowest mean score, which seems to indicate that this is the least source of stress, followed by depression, vocational satisfaction, and domestic satisfaction.

Coping Resource Inventory-Adult

The second instrument is the Coping Resource Inventory for adult (CRI-A). It is a 48-item Likert-type instrument that measures stress coping on eight scales based on two approaches for dealing with stress. They are approach-coping and avoidance-coping. There are six questions on each scale with a possible range of 0-3 for each question. Thus, we have a possible range of 0 to 18 on each scale.

Table 10 shows the descriptive characteristics of the responses in all eight scales of the Coping Resource Inventory. The actual range of all responses does not differ significantly from the possible range. Positive reappraisal has the highest mean score indicating that this is the strategy most often used to deal with stress. The next scale with a high score is problem solving, indicating that this strategy is utilized next to positive reappraisal. The lowest mean score is on the emotional discharge scale. This shows that the participants in this study use more of positive reappraisal and problem solving in

coping with stress. They use more approach-coping than avoidance-coping. It should, however, be noted that the scale of cognitive avoidance shows a higher mean score than the other scales of avoidance-coping.

Table 10

Descriptive Characteristics of Responses on the Coping Resource Inventory (CRI-A)

Scales	Number	Means	SD	Possible Range	Actual Range
APPROACH					
Logical Analysis	CRI 1	9.390	3.470	0-18	0-17
Positive Reappraisal	CRI 2	10.170	3.648	0-18	0-18
Seeking Guidance	CRI 3	9.321	3.995	0-18	1-18
Problem Solving	CRI 4	9.946	4.031	0-18	1-18
AVOIDANCE					
Cognitive Avoidance	CRI 5	9.365	3.579	0-18	0-18
Acceptance Resignation	CRI 6	7.131	3.061	0-18	0-17
Seeking Alternative	CRI 7	8.800	3.529	0-18	0-18
Emotional Discharge	CRI 8	5.921	3.554	0-18	0-18

Testing the Hypotheses

Twenty-four hypotheses were formulated to compare the levels of stress and coping strategies of pastoral wives in the Nigerian Union of the Seventh-day Adventist Church. These hypotheses are built around four independent variables, namely; age, years of service, educational levels, and Conference zones. All hypotheses are tested with $\alpha=$

.05. The test of hypotheses 1 to 4 is reported together since they all deal with the experience levels of pastors' wives.

Hypotheses 1, 2, 3, and 4

Hypothesis 1: Among wives of different experience levels, there will be no significant difference in the mean scores on the five scales or on the overall personality domain of the stress profile.

Hypothesis 2: Among wives of different experience levels, there will be no significant difference in the mean scores on the three scales or on the overall environment domain of the stress profile.

Hypothesis 3: Among wives of different experience levels, there will be no significant difference in the mean scores on the three scales or the overall emotional domain of the stress profile.

Hypothesis 4: Among wives of different experience levels, there will be no significant difference in the mean score of the total stress level.

These hypotheses were tested using three experience levels, which are wives with little experience (less than 10 years), medium experience (10-20 years), and more experience (greater than 20 years). A one-way ANOVA was used to test these hypotheses.

Table 11 gives the results. Of all the tests, only the overall personality scale shows a significant difference among wives of different experience levels. Because the group sizes are different, the Scheffé post hoc test is used to compare all pairs of means. Since the test is very conservative, Scheffé (1951, p.71, as cited in Ferguson, 1976, p. 20) recommends using $\alpha = .10$ instead of $\alpha = .05$.

The Scheffé tests do not show any significant difference in all the scales of the DSP. However, it is safe to conclude that the highest scale is significantly greater than the lowest. Level 3 wives score significantly higher than level 1 on the total personality domain. That is, ministers' wives with more than 20 years of experience show a higher stress level because of their personality differences than those with less than 10 years experience. Within the environmental and emotional domains, there is no significant difference among the three levels of experience. Therefore hypothesis 1 is rejected and hypotheses 2, 3, and 4 are retained.

Hypotheses 5, 6, 7, and 8

Hypotheses 5 to 8 are reported together because they were tested with education as the independent variable.

Hypothesis 5: Among wives of different educational levels there will be no significant difference in the mean scores on the five scales or the overall personality domain of the stress profile.

Hypothesis 6: Among wives of different educational levels there will be no significant difference in the mean scores on the three scales or the overall environmental domain of the stress profile.

Hypothesis 7: Among wives of different educational levels there will be no significant difference in the mean scores on the three scales or the overall emotional domain of the stress profile.

Hypothesis 8: Among wives of different educational levels, there will be no significant difference in the mean scores of the total stress profile.

Table 11

One-way ANOVA for Hypotheses 1 to 4: Comparing Means Among Wives of Different Experience Levels

Variable		Level 1	Level 2	Level 3	<i>F</i>	<i>P</i>
		≤ 10	11-20	> 20		
Time Pressure	DSP 1	12.050	11.735	12.509	.623	.538
Driven	DSP 2	15.488	15.779	15.842	.235	.791
Attitude	DSP 3	13.725	14.779	15.088	2.945	.055
Relaxation	DSP 4	12.263	12.412	13.509	2.677	.071
Role Definition	DSP 5	12.363	13.603	13.368	2.472	.087
PERSONALITY TOTAL		65.8875	68.3088	70.3158	3.491	.032*
Vocational Satisfaction		9.650	10.176	9.579	.494	.611
DSP 6						
Domestic Satisfaction		9.475	10.441	9.754	1.350	.262
DSP 7						
Health Posture	DSP 8	7.863	8.412	8.404	.748	.475
ENVIRONMENTAL TOTAL		26.9875	29.0294	27.7368	1.328	.267
Hostility Pressure	DSP 9	11.313	11.309	11.509	.073	.930
Anxiety	DSP 10	12.850	13.824	12.456	2.452	.089
Depression	DSP 11	10.063	9.706	9.351	.777	.461
EMOTIONAL TOTAL		34.2250	34.8382	33.3158	.716	.490
TOTAL STRESS		127.1000	132.1765	131.3684	1.888	.154

Note. *df* = 3, 201; *p* = .05.

* = the test is significant at the .05 level.

There were four levels of education: little education, high school, college, and advanced degree. These hypotheses were therefore tested by one-way ANOVA. Table 12 gives the result of the ANOVA test. Table 11 shows the one-way ANOVA comparing means among wives of different educational levels on the stress profile.

Of all these tests, only three of them show significance; these are DSP1 (time pressure), DSP5 (role definition), and DSP personality total. These three scales belong to the personality domain. Because the group sizes are very different, the Scheffé post hoc test is used to compare all pairs of means. Since this test is very conservative, Scheffé (1951, p. 71, as cited in Ferguson, 1976, p. 20) recommends using $\alpha = .10$ for the test instead of $\alpha = .05$. The Scheffé test for DSP 1 gives no significant difference between pairs of means, even with the use of $\alpha = .10$. However, with a significant difference in F value, it is safe to conclude that the highest is significantly greater than the lowest. The educational level 3 (college education) scored significantly higher than educational level 4 (advanced degree) on the DSP 1, indicating that time pressure is the source of more stress for wives with a college education than those with advanced degrees.

The Scheffé test shows that group 1 (wives with little education) scores were significantly higher than group 2 (wives with high-school education) and group 4 (wives with advanced degree) on DSP 5 (role definition). On the total personality domain, group 3 (wives with college education) score significantly higher than other groups. There are no significant differences in both the environmental and the emotional domains.

Hypothesis 5 is rejected because there are significant differences in the mean scores on two of the five scales and on the overall personality domain of the DSP among wives with different educational levels.

Table 12

One-way ANOVA for Hypotheses 5 to 8: Comparing Means Among Wives of Different Educational Levels

DSP Scales		Level 1	Level 2	Level 3	Level 4	F	P
Time Pressure	DSP 1	11.864	11.409	12.772	9.800	2.719	.046*
Driven Behavior	DSP 2	15.949	16.000	15.370	15.600	.541	.655
Attitude Posture	DSP 3	14.864	13.750	14.457	15.100	.952	.416
Relaxation Posture	DSP 4	13.237	12.295	12.467	12.600	.877	.454
Role Definition	DSP 5	14.017	12.023	13.120	11.300	3.470	.017*
PERSONALITY TOTAL		11.182	13.095	13.637	12.860	1.711	.031*
Vocational Satisfaction		10.576	9.886	9.533	7.400	2.377	.071
DSP 6							
Domestic Satisfaction		10.356	10.409	9.435	8.700	1.474	.223
DSP 7							
Health Posture	DSP 8	8.898	7.636	8.087	8.195	1.699	.169
ENVIRONMENTAL TOTAL		9.943	9.310	9.018	8.090	1.850	.154
Hostility	DSP 9	11.441	11.409	11.293	11.400	.027	.994
Anxiety	DSP 10	12.695	13.659	13.130	12.000	.889	.448
Depression	DSP 11	10.169	9.864	9.467	9.300	.616	.605
EMOTIONAL TOTAL		11.435	11.644	11.296	10.90	.051	.682
TOTAL STRESS		134.07	128.34	129.13	120.70	2.348	.074

Note. *df*=3, 201.

* = the test is significant at the .05 level.

Hypotheses 6, 7, and 8 are retained because the ANOVA test shows that there are no significant difference in the stress levels among wives of different educational levels in the three scales or on the overall environmental domain, as well as the three scales of the emotional domain. There is also no significant difference in the total stress level among wives with different educational levels.

Pastoral wives with college education show a significant higher stress level than wives with little or no education on the total personality domain.

Comparing Means Among Wives of Different Age Groups

Women have been found in literature to differ in stress levels across different age groups. These four hypotheses were tested with a one-way ANOVA. There are four age groups, namely young adult (18-30 years), adult (31-40), mid-life adult (41-50), and older adult (51-65). The results are given in Table 13. Of the 15 tests, only 2 yield significant differences. Because the group sizes were different, the Scheffé post hoc test was used to compare means. I used $\alpha = .10$ recommended for a conservative test. Both the ANOVA and the Scheffé tests show significant difference on the DSP 3 scale, that is, the attitude posture scale. Group 3, which represents the mid-life adult, scored significantly higher than group 1 and 2, which represents young and adult groups respectively. Because of this, Hypothesis 9 is rejected. There are significant differences in the mean scores of the five scales and the overall score of the personality domain. Hypothesis 10, 11, and 12 are retained, because the results of the *t*-test showed no significant differences in the mean scores and the overall scores of the environmental and the emotional domains, as well as the total stress level among wives of different age groups.

Table 13

One-way ANOVA for Hypotheses 9 to 12: Comparing Means Among Wives of Different Age Levels

DSP Scales		≤ 30 yr.	31-40 yr.	41-50 yr.	51-65 yr.	F	P
Time Pressure	DSP 1	11.931	12.307	11.855	12.235	.184	.907
Driven Behavior	DSP 2	15.672	15.307	16.473	14.824	1.789	.150
Attitude Posture	DSP 3	14.103	13.733	15.909	14.118	4.594	.004*
Relaxation Posture	DSP 4	11.690	12.960	13.073	13.294	2.401	.069
Role Definition	DSP 5	12.207	13.093	14.036	12.588	2.542	.057
PERSONALITY TOTAL		65.6034	67.4000	71.3455	67.0588	3.488	.017*
Vocational Satisfaction		9.897	9.760	9.909	9.353	.108	.955
DSP 6							
Domestic Satisfaction		9.672	9.787	10.291	9.588	.348	.791
DSP 7							
Health Posture	DSP 8	7.724	8.293	8.582	8.111	.752	.522
ENVIRONMENTAL TOTAL		27.2931	27.8400	28.7818	27.0588	.432	.731
Hostility	DSP 9	10.966	11.613	11.436	11.412	.428	.733
Anxiety	DSP 10	12.845	13.413	13.436	11.059	2.257	.083
Depression	DSP 11	9.966	10.000	9.055	10.118	1.103	.347
EMOTIONAL TOTAL		33.7759	35.0267	33.9273	32.5882	.725	.538
TOTAL STRESS		126.672	130.267	134.055	126.706	1.996	.116

Note. $df=3, 20$; $p = .05$.

* = the test is significant at the .05 level.

Hypotheses 13, 14, 15, and 16

Hypotheses 13 through 16 are reported together because they were tested using the three Conference zones as the variable.

Hypothesis 13: Among wives of different Conference zones, there will be no significant difference in the mean scores on the five scales or the overall scores of the personality domain.

Hypothesis 14: Among wives of different Conference zones, there will be no significant difference in the mean scores on the three scales or the overall scores of the environmental domain.

Hypothesis 15: Among wives of different Conference zones, there will be no significant difference in the mean scores on the three scales or the overall scores of the emotional domain.

Hypothesis 16: Among wives of different Conference zones, there will be no significant difference in the mean scores of total stress.

There are three Conference zones, therefore these hypotheses were tested by one-way ANOVA. Table 14 gives the result of the ANOVA test.

Of the 15 tests, just 2 yield significant differences. These are DSP 2 and DSP 5. Because the group sizes are very different, the Scheffé post hoc test is used to compare means. I used $\alpha = .10$ as recommended for conservative tests. The Scheffé test for DSP 2 gives no significant difference between pairs of means, even using $\alpha = .10$. However with a significant F value it is safe to conclude that the highest is greater than the lowest. Group 1, which represents the eastern zone, scored higher than group 2, the Western zone on the DSP 2, which is the driven behavior scale.

Table 14

One-way ANOVA for Hypotheses 13 to 16: Among Wives of Different Conference Zones

DSP Scales		Level 1	Level 2	Level 3	F	P
		East	West	North		
Time Pressure	DSP 1	11.471	12.823	12.439	2.637	.074
Driven Behavior	DSP 2	16.265	15.065	15.171	3.254	.041*
Attitude Posture	DSP 3	14.490	14.548	14.220	.116	.891
Relaxation Posture	DSP 4	12.863	12.532	12.341	.424	.655
Role Definition	DSP 5	13.078	13.823	11.829	3.820	.024*
PERSONALITY TOTAL		68.166	68.790	66.000	1.043	.354
Vocational Satisfaction	DSP 6	9.745	9.258	10.780	2.044	.132
Domestic Satisfaction	DSP 7	9.500	10.065	10.512	1.264	.285
Health Posture	DSP 8	7.755	8.548	8.753	2.110	.124
ENVIRONMENTAL TOTAL		27.000	27.871	30.048	2.357	.097
Hostility	DSP 9	10.853	11.984	11.756	2.731	.068
Anxiety	DSP 10	12.735	13.339	13.463	.839	.433
Depression	DSP 11	9.441	10.081	10.000	.871	.420
EMOTIONAL TOTAL		33.009	35.403	35.219	2.802	.063
TOTAL STRESS		128.176	132.064	131.268	1.139	.322

Note. $df = 2, 202$; $p = .05$.

* = test is significant at the .05 level.

The Scheffé test for DSP 5 shows that group 2 (Western Conference) scored significantly higher than group 3 (Northern Conferences). The Western Conferences scored higher on role definition than the northern Conferences.

Hypothesis 13 is rejected since there are significant differences in the scales of the personality domain. Hypotheses 14 through 16 are retained because there are no significant differences in the scales and the overall scores of environmental, emotional, and total stress.

Measuring Coping Strategies Among Pastoral Wives

Several coping strategies are identified in the literature review. The ones measured in this section of the study are approach-coping and avoidance-coping. The reason for choosing these coping strategies is based on the fact that they encompass other types of coping strategies like problem-focused coping and emotional-focused coping among the sub-scales. The hypotheses tested use the four variables of experience, education, age and Conference zones.

Hypotheses 17 and 18 measure coping by comparing means among wives of different experience levels.

Hypothesis 17: Among wives of different levels of experience, there will be no significant difference in the mean scores of the four scales or the overall scores of approach-coping responses.

Hypothesis 18: Among wives of different levels of experience, there will be no significant differences in the mean scores of the four sub-scales or the overall scores of avoidance coping responses. Table 15 gives the results of the tests with the use of one-way ANOVA.

Table 15

One-way ANOVA for Hypotheses 17 and 18: Comparing Means Among Wives of Different Experience Levels

Variables	≤ 10 yr.	11- 20 yr.	> 20 yr.	<i>F</i>	<i>P</i>
CRI 1 Logical Analysis	9.675	9.691	8.632	1.904	.152
CRI 2 Positive Reappraisal	10.675	10.397	9.193	3.000	.052
CRI 3 Seeking Guidance	9.188	9.529	9.263	.142	.868
CRI 4 Problem Solving	10.500	9.941	9.175	1.810	.166
APPROACH TOTAL	40.0375	39.5588	36.2632	1.617	.201
CRI 5 Cognitive	9.288	9.647	9.140	.340	.712
Avoidance					
CRI 6 Acceptance	7.225	7.015	7.140	.086	.917
Resignation					
CRI 7 Seeking	8.988	8.956	8.351	.639	.529
Alternatives					
CRI 8 Emotional	5.975	5.868	5.912	.017	.983
Discharge					
AVOIDANCE TOTAL	31.4750	31.4853	30.5439	.191	.826

Note. $df = 3, 201$; $p = .05$.

The results showed no significant differences in all the scales. Hypotheses 17 and 18 are therefore retained. There are no significant differences in the mean scores of all scales and in the overall scores of approach-coping and avoidance-coping among wives of different experience levels.

Hypotheses 19 and 20: Measuring Levels of Education

Hypotheses 19 and 20 were tested using levels of education as the variable. Since there are four levels of education, they were tested with a one-way ANOVA.

Hypothesis 19: Among wives of different educational levels, there will be no significant differences in the mean scores of the four scales and the overall scores of approach coping responses.

Hypothesis 20: There will be no significant difference in the mean scores of the four scales and the overall scores of avoidance coping responses.

Table 16

One-way ANOVA for Hypotheses 19 and 20: Comparing Means Among Wives of Different Educational Levels

Variable	Level 1	Level 2	Level 3	Level 4	F	P
CRI 1 Logical Analysis	9.085	9.159	9.522	11.000	.978	.404
CRI 2 Positive Reappraisal	9.593	9.977	10.359	12.700	2.259	.083
CRI 3 Seeking Guidance	9.441	8.614	9.380	11.200	1.225	.302
CRI 4 Problem Solving	9.644	9.477	10.120	12.200	1.416	.239
APPROACH TOTAL	37.762	37.227	39.380	47.100	1.831	.143
CRI 5 Cognitive Avoidance	9.797	9.000	9.174	10.200	.704	.551
CRI 6 Acceptance	7.508	6.909	6.967	7.400	.486	.693
Resignation						
CRI 7 Seeking Alternative	8.458	8.682	8.815	11.200	1.763	.155
CRI 8 Emotional Discharge	6.881	5.409	5.598	5.500	2.071	.105
AVOIDANCE TOTAL	32.644	30.000	30.554	34.300	1.144	.332

Note. $df = 3, 201$; $p = .05$.

Table 16 shows the one-way ANOVA comparing means among wives of different educational levels on the stress profile. The ANOVA showed no significant difference on any of the 10 variables. Therefore, hypotheses 19 and 20 are retained. There are no significant differences in any of the scales of approach-coping, avoidance-coping, or the overall scores among wives of different educational levels.

Hypotheses 21 and 22: Measuring Different Age Groups

Hypotheses 21 and 22 measure coping strategies among wives of different age groups.

Hypothesis 21: Among wives of different age groups there will be no significant difference in the mean scores of the four scales or in the overall score of the approach coping responses.

Hypothesis 22: Among wives of different age groups there will be no significant difference in the mean scores of the four scales or in the overall score of the avoidance coping responses.

Table 17 shows the one-way ANOVA comparing means among wives of different age levels on the stress profile. The ANOVA showed no significant difference in any the scales or the overall of approach-coping and avoidance-coping strategies. I therefore retain the null hypotheses 21 and 22.

Table 17

One-way ANOVA for Hypotheses 21 and 22: Comparing Means among Wives of Different Age Levels

Variable	Level 1 ≤ 30	Level 2 31-40	Level 3 41-50	Level 4 51-65	<i>F</i>	<i>P</i>
CRI 1 Logical Analysis	9.638	9.333	9.491	8.4271	.515	.672
CRI 2 Positive Reappraisal	10.707	10.227	9.564	10.059	.936	.424
CRI 3 Seeking Guidance	9.259	9.067	9.691	9.471	.268	.848
CRI 4 Problem Solving	10.362	9.867	9.782	9.412	.342	.795
APPROACH TOTAL	39.9655	38.4933	38.5273	37.4118	.246	.864
CRI 5 Cognitive Avoidance	9.534	9.520	9.091	9.000	.254	.859
CRI 6 Acceptance	7.034	7.267	6.927	7.525	.243	.866
Resignation						
CRI 7 Seeking Alternative	9.259	8.533	8.709	8.706	.482	.695
CRI 8 Emotional Discharge	5.948	5.613	6.036	6.824	.569	.636
AVOIDANCE TOTAL	31.7759	30.9333	30.7636	32.0588	.167	.919

Note. $df = 203, p = .05$.

Hypotheses 23 and 24: Measuring Different Conference Zones

Hypotheses 23 and 24 measure coping strategies among wives of different Conference zones with one-way ANOVA.

Hypotheses 23 and 24 were tested with a one-way ANOVA because we have more than two groups, using Conference zones as the variable.

Hypothesis 23: Among wives from different Conference zones, there will be no significant difference in the mean score of the four scales or the overall score of approach coping responses.

Hypothesis 24: Among wives from different Conference zones, there will be no significant difference in the mean score of the four sub-scales or the overall score of avoidance coping responses. Table 18 shows the result of tests.

Table 18

One-way ANOVA for Hypotheses 23 and 24: Comparing Means among Wives From Different Conference Zones

Variables	Level 1	Level 2	Level 3	F	P
	East	West	North		
CRI 1 Logical Analysis	9.853	9.548	8.000	4.403	.013*
CRI 2 Positive Reappraisal	10.873	10.000	8.683	5.607	.004*
CRI 3 Seeking Guidance	10.333	9.210	6.976	11.420	.000*
CRI 4 Problem Solving	10.343	10.355	8.341	4.187	.017*
APPROACH TOTAL	41.402	39.113	32.000	8.463	.000*
CRI 5 Cognitive Avoidance	9.373	9.145	9.683	.277	.758
CRI 6 Acceptance Resignation	7.216	7.194	6.829	.249	.780
CRI 7 Seeking Alternative	8.853	9.177	8.098	1.180	.309
CRI 8 Emotional Discharge	5.676	6.548	5.585	1.395	.250
AVOIDANCE TOTAL	31.118	32.064	30.195	.469	.626

Note. $df=2.202$; $p=.05$.

* = significant at .05 level.

Table 18 shows the one-way ANOVA comparing means among wives of different conference levels on the stress profile.

The ANOVA shows significant differences on all four scales and the overall scores of approach-coping while no significant differences appear on all four scales and the overall scores of avoidance-coping. With the Scheffé test using .10 for significance, multiple comparison shows that group 1 (East Conferences) scored significantly higher than group 3 (Northern Conferences) on the CRI-1 which is the scale for logical analysis. Group 2 also scored significantly higher than group 3 on the CRI-2, which represents positive reappraisal scale.

Both group 1 and group 2 scored significantly higher than group 3 on the CRI-3, which is seeking guidance. Groups 1 and 2 also scored significantly higher than group 3 on CRI-4, which represents the problem-solving scale. On the overall approach-coping responses, groups 1 and 2 (east and west) scored significantly higher than group 3 (North). I therefore reject hypothesis 23 because there are significant differences on the four scales and the overall scores on approach-coping responses. We retain hypothesis 24 that there are no significant differences on the four scales and the overall avoidance-coping among wives from different Conference zones.

Summary

The majority of the samples in this study fall into the categories of young to middle adulthood. The older adult represents only 8% of the total sample size. It should also be noted that 72% of the total sample have less than 20 years of experience as pastoral wives while about 28% have more than 20 years' experience. The sample also indicated that about 29% have little or no education, 21% have high-school education,

45% have some college education, and only 5% have advanced education beyond the first degree. About 50% of the total sample were from the eastern zones, while 30% come from the west and the remaining 20% from the north. This geographical spreading agrees with the pastoral distribution of the Nigerian Union.

The overall mean scores of the total sample on the DSP have high scores only in the personality domain, moderate scores on the emotional domain, and the lowest scores in the environmental domain. The scale with the highest mean score is driven behavior, closely followed by attitude posture. The lowest means score is in the health posture scale. On the CRI-A, the highest mean score is in the scale of positive reappraisal, followed by the scale of problem solving. It is also interesting to note that the lowest mean score is in the scale of emotional discharge.

In testing hypotheses 1 to 16, hypothesis 1 was rejected because significant differences were found in the overall personality domain of the stress profile among wives of different experience levels. Hypothesis 5 was rejected on the basis that there were significant differences in mean scores on two of the five sub-scales and the overall personality domain of the stress profile among wives of different educational levels. Also, hypothesis 9 was rejected because there were significant differences in the mean scores on one of the scales and the overall personality domain of the stress profile among wives of different age levels. In addition, hypothesis 13 was rejected because there were significant differences in the mean scores on two of the scales and the overall personality domain of the stress profile among wives of different Conference zones. All other hypotheses were retained because they did not show significant differences in the mean

scores of any of the scales of the environment and emotional domains of the stress profile.

In testing hypotheses 17 to 24, only hypothesis 23 was rejected because significant differences were found in all four scales and the overall approach-coping among wives of different Conference zones. It should be noted that there were no significant differences in the mean scores of any of the scales of the CRI-A among wives of different experience, education, and age levels. Also, there were no significant differences in the mean scores of all four scales of avoidance-coping among wives of different Conference zones. Therefore, hypotheses 17 to 22 and hypothesis 24 are all retained.

CHAPTER 5

SUMMARY, DISCUSSION, AND CONCLUSIONS

Summary

This study is organized into five chapters. Chapter 1 gives a general introduction to the study, while chapter 2 reviews some related literature on stress coping and pastoral wives. Chapter 3 explains the methodology used in the study, and chapter 4 analyzes the data to determine if there are significant differences in perceived stress and coping strategies among wives of different demographic variables. This final chapter of the dissertation restates the research problem, gives an overview of the related literature, and reviews the major methods used in the study. The major sections of the chapter summarize the results and discuss the implications of the findings.

Statement of the Problem

Previous studies conducted with pastoral wives have identify some stressors such as role conflict, educational needs, loneliness, finances, and lack of privacy. Most of these studies are conducted in developed countries. Very little is known about pastoral wives in developing countries where poverty, illiteracy, diseases, and cultural restraints still pose great challenges. In addition, Hack (1993) suggests that future research on pastoral wives should take into account personality variables as well as environmental variables. This study examined stress and coping strategies of pastoral wives in the

Nigerian Union of the Seventh-day Adventist Church with a view to ascertaining what type of stress they encounter and how pastoral wives in a developing country cope with stressful events in their lives.

Overview of Literature

Three basic theories concerning the study of stress are identified in literature. The response theorists view stress as an organism's way of responding to a noxious agent in its system. Selye (1956) proposes the General Adaptation Syndrome in which continual exposure to a particular stressor with no control may lead to several stages of stress such as the alarm, shock, or exhaustion stages. There is good stress (eustress) as well as bad stress (distress). The stimulus theory, on the other hand, views stress as the inability of the organism to withstand a particular stressor, thereby causing it to experience hardship that is understood as stress (Cox, 1978). The interaction theory of Lazarus and Folkman (1978) views the organism as a significant component of its environment and one that is able to mediate between the stimulus and the response before experiencing stress. This theory emphasizes individual differences in terms of personality, environment, and the stimulus. What is stressful to one person may be enjoyable to another.

Various demographics such as gender, age, education, economic status, culture, and religion are found in the literature to impact an individual's stress levels (Hamen, 1982; Kenney, 2000; Kohn, 2002; Mirashidi, 1999; Piechowski, 1992 & Rokach, 1999). Personality is seen as having both positive and negative effect on how people respond to stressful situations in their lives. The personality trait of neuroticism is linked with psychological distress and daily hassles of life (Costa & McCrae, 1985; Headey & Wearing, 1992). Kobasa (1982) sees hardiness as a healthy trait for coping with stress.

Many coping strategies exist in literature. Those identified in this review include problem-focused coping, emotion-focused coping, appraisal or reappraisal coping, avoidance coping, or approach-coping strategies (Cohen, 1986; Dewe & Ng, 1999; Ender & Parker, 1990; Lazarus & Folkman, 1984; Martin, 1999; Moos & Bilings, 1982). Culture and religion have also been identified as having some influence on the type of coping individuals used (Dein, 1997; Ensing, 1995; Jackson, 1999; PieSath, 2000).

Pastoral wives have come a long way in their developments over the different generations. Sinclair (1981) describes the pastoral wives by the roles they perform. While some remain in the traditional helpmate role of being all that the husbands want them to be, some have moved to the enabler stage of recognizing that they cannot be all things to all men. While some have endured poverty, pain, and loneliness for the sake of the gospel in what Sinclair called the sacrificer model, we see another model of pastoral wife emerging in which they are assistants to their husbands. The partnership model is the latest development in which we see both husband and wife working together in the ministry as a team. It is known in some quarters as team ministries.

Pastoral wives do experience stress just like any other group of women, but most especially they experience more stress than other wives in relation to their husbands' roles as pastors. Some of the stressors identified in literature as affecting pastoral wives include self-actualization, educational needs, communication, role expectation, relocation, loneliness, finance, and lack of family time (Bouma, 1979; Frame, 1994; Hackley, 1990; Meyrick, 1998; Oswald, 1983; Rokach, 2000; Wimberley, 1979). Stress can be measured in several ways because of its multiple dimensions. Some of these dimensions briefly reviewed include age, gender, women's health, culture, and

personality. It is established that the selection of a particular instrument will largely depend on the theoretical basis of the research.

Methodology

The instruments used in this study are the Derogatis Stress Profile (DSP) and the Coping Resource Inventory-Adult measuring stress and coping strategies among the subjects.

After obtaining approval from the dissertation committee chairperson to conduct the study, a letter was sent to the Nigerian Union executive committee to seek approval to conduct the research in that field and also to use their pastoral wives in the survey. Approval was also sought from the Human Subjects Review Committee of Andrews University. I received favorable replies from both.

The nine local conferences that participated in the study spread across the length and breadth of Nigeria, and represent the major tribal groupings of the country. Questionnaires were purchased directly from the publisher and were administered in groups during the respondents' annual general meetings. Of the 267 questionnaires administered, only 205 were used in the analysis. The unused questionnaires were rejected on the basis of inadequate information or failure to complete both questionnaires.

Delimitation of the Study

This study is restricted to pastoral wives of the Nigerian Union Mission who are on active service and who fall within the age range of 18 to 65. For this reason, the generalization of the results may be limited.

Sample Description

The 205 responses used in this study represent a 75% return rate of all questionnaires. About 64.9% of them are age 40 and younger while 26.8% can be classified as in middle adulthood, and only 8.3% are in the range of late adulthood. The majority of the participants in this study (72.2%) have 20 years or less experience while only 28% have more than 20 years of experience. Approximately 29% of the participants have little or no education, while 66% have high school to college education. A very small percentage of only 5% have advanced education. About half of the participants (49.7%) are from the eastern zone, 30.2% are from the western zone, while 20% are from the northern zone. These geographical percentages agree with the pastoral distribution which is based on the membership population of the Nigerian Union Mission

Findings of the Study

Twenty-four research questions were addressed to determine significant differences among pastoral wives. These questions were built around the 11 sub-scales of the stress profile and the 8 sub-scales of the coping inventory. The four variables examined include experience, education, age, and Conference zones. The 24 research questions and results are summarized below.

Research Question 1: Are there significant differences of perceived stress in the five sub-scales or the overall personality domain among wives of different experience levels?

There are significant differences in the overall personality domain of the stress profile. There are significant differences in the mean scores on attitude posture and on the

overall personality domain. This indicates that the pastoral wives with more than 20 years' experience have higher stress levels in attitude posture and on the overall personality domain than those with less than 10 years of experience.

Research Question 2: Are there significant differences of perceived stress in the environmental domain among wives of different experience levels?

Results show no significant difference in any of the scales or on the overall environmental domain of the stress profile. This means environmental variables do not play a significant role on the stress level of wives with different experience levels.

Research Question 3: Are there significant differences of perceived stress in the emotional domain among wives of different experience levels?

Results show no significant differences in the three scales and the total emotional domain of wives with different experience levels.

Research Question 4: Are there significant differences of perceived stress in the total stress levels among wives of different experience levels?

Again, the tests show no significant differences.

Research Question 5: Are there significant differences of perceived stress in the personality domain among wives of different educational levels?

There are significant differences in two of the five scales and the overall scores of the personality domain. Time-Pressure scale and Role Definition scale showed significant differences. The total personality mean scores showed significant differences. These findings suggest that wives with level 3 education (college degree) score significantly higher than those with level 4 education (advanced degree) on the time pressure scale. Wives with level 1 education (little or no education) score significantly

higher on the role definition scale than wives with level 2, 3, or 4 educational levels, indicating that education affects role definition among the wives.

Research Question 6: Are there significant differences of perceived stress in the environmental domain among wives of different educational levels?

The results show no significant differences in any of the scales or the overall scores of the environment domain.

Research Question 7: Are there significant differences of perceived stresses in the emotional domain among wives of different educational levels?

The results of all the tests show no significant differences in any of the scales or the total emotional domain among wives of different educational levels.

Research Question 8: Are there significant differences in the total stress scores among wives of different educational levels?

The results show no significant differences in the total stress scores among wives of different educational levels.

Research Question 9: Are there significant differences of perceived stress in the five scales and the overall personality domain among wives of different age levels?

Significant differences are found on the attitude posture scale, and the total personality scale. Further analysis with the Scheffé test shows early mid-life adulthood as having higher mean scores than all the other levels on the role definition and attitude scale as well as on the overall personality domain of the stress profile. This indicates that early mid-life adults have more stress on attitude posture.

Research Question 10: Are there significant differences of perceived stress in the three scales or the overall environmental domain among wives with different age levels?

All the tests show no significant differences in any of the scales and the total environmental domain among wives of different age levels.

Research Question 11: Are there significant differences of perceived stress in all scales and the total emotional domain among wives of different age levels?

The test shows no significant differences in any of the scales or the overall scores of the emotional domain among wives of different age levels.

Research Question 12: Are there significant differences of perceived stress in the total stress scores among wives of different age levels?

The results show no significant differences.

Research Question 13: Are there significant differences of perceived stress in any of the scales or the overall personality domain among wives of different Conference zones?

The one-way ANOVA and the post hoc test indicate significant differences on two scales but not on the total scores of the personality domain. These two scales were driven behavior and role definition.

Further analysis shows that group 1 (Eastern Zone) scored significantly higher than group 2 and group 3 (Western and Northern zones) on driven behavior while groups 1 and 2 (Eastern and Western zones) scored significantly higher than group 3 (Northern zone) on role definition. This indicates that the wives in the east have higher levels of stress on the driven behavior scale than the other wives and the wives of the eastern and western zones have higher levels of stress on role definition than those in the northern zone.

Research Question 14: Are there significant differences of perceived stress in the three scales or the overall environmental domain among wives of different Conference zones?

All tests indicate no significant differences.

Research Question 15: Are there significant differences of perceived stress in the three scales and the overall emotional domain among wives of different Conference zones?

All tests indicate no significant differences.

Research Question 16: Are there significant differences of perceived stress in the total stress among wives of different Conference zones?

All tests indicate no significant differences.

Research Question 17: Are there significant differences in any of the four scales or the overall approach-coping strategies among wives of different experience levels?

All tests indicate no significant difference in all scales and the overall approach-coping strategies.

Research Question 18: Are there significant differences in any of the four scales or the overall avoidance-coping strategies among wives of different experience levels?

All tests indicate no significant differences in any of the scales or the overall avoidance-coping strategies.

Research Question 19: Are there significant differences in any of the four scales or the overall approach-coping strategies of wives of different educational levels?

All tests indicate no significant difference in any of the scales or the overall approach-coping strategies.

Research Question 20: Are there significant differences in any of the scales or the overall avoidance-coping strategies among wives of different educational levels?

Results of all tests show no significant differences.

Research Question 21: Are there significant differences in any of the four scales or the overall of approach-coping strategies among wives of different age levels?

Results of all tests indicate no significant differences.

Research Question 22: Are there significant differences in any of the four scales or the overall avoidance-coping strategies among wives of different age levels?

All tests indicate no significant differences.

Research Question 23: Are there significant differences in any of the four scales or the overall approach-coping strategies among wives of different Conference zones?

There are significant differences in all scales and on the overall approach-coping strategies. Both the ANOVA and the Scheffé post hoc tests show significant differences in all scales, logical analysis, positive reappraisal, seeking guidance scale, problem solving, and the overall approach-coping scale. Further analysis reveals that zone 1 (east) and zone 2 (west) score significantly higher than zone 3 (north) on all scales and the total approach-coping scale. These results indicate that the wives in the eastern and western zones use more approach-coping skills than in the northern zones.

Research Question 24: Are there significant differences among wives from different Conference zones in the mean scores of the four scales or the overall score of avoidance-coping?

There are no significant differences in any of the scales or on the total avoidance-coping.

Summary of Findings

The results of this study suggest the following:

1. Pastoral wives with more than 20 years of experience exhibit a higher stress level than wives with less experience on the total personality domain as well as on the way they approached life events (attitude posture).
2. Pastoral wives with little or no education exhibit higher stress levels than all the other wives on how they define their roles (role definition). Wives with education beyond the bachelor's degree exhibit the lowest stress level on time pressure or the constraints that go with deadlines, lack of leisure time and family time. However, wives with little or no education have the lowest stress level on the total personality domain.
3. Pastoral wives within the age range of 41 to 50 years exhibit the highest stress level on attitude posture or the way each person relates to a given situation and the personality domain than all the wives in the other age groups.
4. Pastoral wives from the eastern conference exhibit the highest stress levels in driven behavior constantly driving themselves to pursue life goals, while wives from western conferences exhibit the highest stress levels in role definition. In addition, wives from the northern conferences have the lowest stress levels on role definition.
5. In coping patterns, wives from both the eastern and western conferences exhibit more logical analysis, positive reappraisal, seeking guidance, and problem-solving skills than wives from the northern conferences.

Discussion

The attempt has been made in this study to examine stress and coping patterns among pastoral wives of the Nigeria Union. While the results may not answer all the questions relating to this population, it is hoped that this study makes some contributions to understanding the nature of stress and coping strategies among them.

Findings suggest there are differences only in their personality domain of the stress profile while both the environmental and emotional domains did not show any significant differences. This is contrary to the popular assumption that women from developing countries experience more stress in these areas because of the challenges. It should be noted that the population under study experiences some levels of middle-class benefits as a result of their privileged position as pastoral wives. The result may be different among the general population. Pastoral wives in general are expected to be emotionally balanced and to live in good environments. Their religious beliefs are also expected to transform their lives. This result is therefore not surprising.

That pastoral wives with more than 20 years of experience having higher stress levels in the personality domain is also surprising. One would have expected the reverse to be the case. Closer examination shows that the mean scores on the attitude posture for the wives with more than 20 years' experience are higher than wives with less than 20 years' experience. Since attitude posture emphasizes achievement ethics, one is able to deduce that these women have reached the height of their careers and if they are not yet satisfied with their achievement, they might become stressed.

The explanation for these results may be the fact that these are pastoral wives who experience a middle-class standard of living when compared to the general population. The same explanation may explain the lack of differences in the emotional domain. On the average, pastoral wives are expected to be able to control their emotions because of their profession of faith in God who can solve all their problems. It is also worthy of note that they do not have high stress in the scale of relaxation.

Results indicate that there are significant differences in the personality domain among wives of different experience levels. It is interesting to note that the differences show that the wives with more than 20 years of experience have higher stress scores in attitude posture than wives with less experience. Since attitude posture emphasizes achievement ethics and the need for accomplishments, it may be understandable that wives with more experience who have not achieved their career goals may become highly stressed at some points. While this kind of stress may be positive, it can become very unfit for one's health if coupled with other equally stress-enhancing behaviors.

Results show significant differences in time pressure, role definition, and the overall personality domain among wives of different educational levels. It is interesting to note that wives with advanced degrees have less stress than all the other three levels on time pressure. This suggests that those with education beyond a college degree probably have better jobs that are less time consuming than those with lower levels of education. It may also mean that they have developed time management skills during the course of their educational pursuits. The same can also be said concerning the significant differences in role definition. Wives with little education have higher stress scores in role definition than other wives, while those with advanced degrees have lower stress scores

than all the other three groups in role definition. Role definition refers to a form of self-definition. Wives who have achieved a high educational status may have no stress in defining themselves. This result supports the work of Dodrill (1989), emphasizing the educational needs of pastoral wives.

The early mid-life adulthood group has the highest stress score in the attitude posture, driven behavior, and role definition as well as on the overall personality domain. According to Erikson (1982), this period is a time of conflict between generativity and stagnation. It is generally called the period of mid-life crisis. The reason for crisis or conflict at this stage stems from the fact that one may feel deficient in certain areas of life or become stressed because of the passing of time and the need to reach a set goal so as to leave something for the next generation.

Eastern conferences have higher scores in driven behaviors than western and northern conferences. Driven behavior should be understood as a constant drive to constructive activities. People with this type of behavior have little time for leisure or relaxing activities. They look at such behavior as trivial and wasteful. The result of the test on driven behavior may be understood in the light of tribal values that are beyond the scope of this study but worthy of note for further studies. For the benefit of the readers, I can briefly say that the people of the eastern zone of Nigeria are very enterprising and highly competitive. As a result, leisure time might be looked upon as trivial. On the other hand, it could be said that the people of the western zone are equally enterprising but fun loving. They believe that every achievement of man should be celebrated. This belief is highly embedded in their lives that there is always an excuse to celebrate something, such as the purchase of a new car, promotion at work, or the passing of an examination.

The people of the northern zone who have been heavily influenced by the Islamic faith generally believe that whatever comes one's way is in the plan of the Almighty God. As a result, there is less competition among them. There are some significant differences with both the east zone and the west zone scoring higher than the north zone on role definition. This may also be due to cultural values. Since the people of the northern zones are not as competitive as their counterparts from the eastern and western zones, they may be less stressed in defining their roles.

Coping strategies are tested on two major domains, namely approach-coping and avoidance coping. It is noteworthy to see that the pastoral wives of the Nigeria Union use approach-coping strategies. It should also be noted that experience, education, and age do not significantly affect the coping strategies of the wives. The only variable that shows significant differences in all the strategies of approach-coping among wives is Conference zones. In logical analysis, positive reappraisal, seeking guidance, and problem solving, both the east and west zones score significantly higher than the north zones. The reasons for these differences may be due to cultural beliefs and values. While the northern zone culture emphasizes endurance and submission to the will of God, the eastern and western cultures emphasize consultation with the elders, seeking guidance and positively appraising the situation.

This current study does not agree with previous research that younger women had significantly more stress than older women (Field, 1998; Wen-Kyung, 1998). My results indicate significant differences in stress levels in areas of attitude posture and role definition with higher mean scores among wives of early mid-life adulthood.

This study disagrees with Mirashidi (1999) who finds no significant differences in the amount of work stress among cultures. My study shows significant differences in stress levels among wives of different Conference zones. However, it supports Rokach (1999) that individuals with different cultural backgrounds may deal with the stress in different ways. This study reveals differences in approach-coping among wives of different Conference zones.

My findings support Kobassa (1979) that personality functions as a resistant resource when one encounters a stressful life event. Throughout this study, personality sub-scales show significant differences in stressful events across age, experience, education, and Conference zones.

This study supports the previous research of Dodrill (1989) emphasizing the educational needs of pastoral wives. Some significant differences are found among levels of education with wives with advanced degrees having less stress on time pressure and role definition sub-scales and on the overall personality domain.

The approach coping strategies of logical analysis, positive appraisal, seeking guidance and problem solving are very similar to Moos and Billings (1982) problem-focused coping strategies of information seeking, problem solving, and developing alternatives. In other words, problem-focused coping and approach-coping are similar since they focus on solving the problems that cause stressful situations. There are significant differences in the approach-coping of the pastors' wives in this study. Cohen (1980) suggests that approach coping should be used in controllable situations when the source of stress is known, while avoidance-coping should be used when emotional

resources are limited. I assume that the pastoral wives under study have unlimited emotional resources at their disposal because of their religious profession.

Culture has been said to have some influence on how individuals cope. Utsey and Ponterotto (2000) find African-American women using avoidance-coping to deal with issues relating to racism, while the Swedish citizens are found using less emotional coping than their non-citizen counterparts in the study done by Lindquist, et al. (2000). It seems that situations determine the method of coping. This study shows significant differences in approach-coping strategies across Conference zones that represent three major tribal groupings of the Ibo, Yoruba and Hausa in Nigeria. This result supports Bhogle (1991) that cultural and religious norms do influence the way people cope with stressful events.

In measuring stress, Folkman and Lazarus (1984) suggest the use of interaction theory in measuring the person, the environment, and the stimulus. Results of this study support this school of thought. The study of stress can be understood better when all variables are considered. Significant differences are noted across all variables in the personality domain throughout this study.

Conclusion

The following conclusions are based on the results of this study. Perceived stress does exist among pastoral wives of the Nigerian Union Mission of the Seventh-day Adventist Church due to different personality traits. Significant differences are found in the personality domains of the stress profile among pastoral wives across experience, education, age, and Conference zones.

I also conclude that cultural differences or geographical locations affect the way people cope with stressful events in their lives. Significant differences are found in all four strategies of approach-coping among wives of different Conference zones.

Experience does affect the way people cope with stress. Wives with more experience tend to use more of positive reappraisal than wives with less experience.

Recommendations

Suggestions for Administrators and Educators

Although one single study cannot give adequate solutions to a given problem, the following suggestions may be helpful in some ways to allow the pastoral wives to better enjoy their roles.

It is recommended that seminars, lectures, and retreats be conducted to help these women better define their roles. It is noted in the literature review that role confusion is one of the major stressors of the pastoral wives. It is therefore important for the women to understand their roles in order to be able to function well.

Education

There is a need for education of the wives. This study joins Dorill (1989) and Hack (1993) to emphasize the need for more training for wives, especially in the area of ministry. Leaders of the Seventh-day Adventist Church in Nigeria should encourage pastoral wives to improve their education when possible. Of the 205 respondents used for this study, 59 have little or no education, while 44 do not have education beyond high school. This is about 50% of the total sample. We live in a communication age. It is important that everyone should be well informed.

We suggest that adult literacy programs be sponsored by the various conferences in order to help these women and others among the laity who may fall into this category. Those with high-school education can still go back to school to improve themselves. Illiteracy is one of the major challenges facing the women of developing nations, and people cannot lead out when they cannot read or write in this modern time. It is encouraging that 92 out of the 205 respondents have some college-level education. This represents almost 45% of the total sample. While this is encouraging, there is still much that can be achieved. Only 10 out of 205 have an advanced degree. This represents about 5% of the sample. Those with advanced degrees show the least stress in the sub-scales of time pressure and role definition. This should lead us to see the need for more education for pastoral wives, since the more education they have, the better their job placement could be, which in turn may produce less stress.

Time Management

I suggest that the wives should be taught some time management skills in order to learn how to balance their work life with their home life. In addition, pastors should be encouraged to help their wives with domestic duties so that the wives are not unnecessarily burdened labored. Hackley (1990) emphasizes that the long hours of work required of pastors do affect the stress of their families. I suggest that pastoral families be encouraged to have a day off during the week since their weekends are usually filled with church activities. I suggest that pastors make their families a top priority and maintain regular time-outs when they can be together without interruption.

Stress Management

It is suggested that stress management seminars be conducted for all the women, most importantly the women in the eastern conferences. This study suggests that coping strategies be viewed in the light of the cultural values of the subjects.

Suggestions for Additional Research

The study of stress is inexhaustible and has been limited to measuring stress and coping, using four independent variables of experience, education, age, and Conference zones. It is suggested that more studies be conducted on each of the stressors identified in the literature review such as relocation, finance, education, time constraints, role expectation, communication, and loneliness to see how each of them affects stress. There is also a need to study coping strategies in more detail in order to analyze the various coping sub-scales identified.

Additional research is needed in the area of ethnicity. The various differences between the Conference zones need to be studied for the benefit of understanding and working with each of the different groups. Emphasis is not placed on religious coping as a construct in this study because all the respondents practice the same religion. There is need for more studies on the importance of religion in coping with stress.

Qualitative Research

There is need for qualitative research to give room for personal interviews and case studies that have not been catered for in this study.

Future studies should consider using a Nigerian made instruments to ensure adequate cultural validity.

APPENDIX A
LETTER TO THE NIGERIAN UNION MISSION

The Nigerian Union Mission Executive Committee
National Headquarters
Maryland,
Lagos, Nigeria.

Dear sirs,

APPROVAL FOR HUMAN SUBJECTS

As a pastoral wife for 26 years and a doctoral student at Andrews University, I am interested in conducting a study on pastoral wives in your field. I am embarking on a study on 'Measuring Stress and Coping Strategies of Pastoral Wives of the Nigeria Union Mission' under the supervision of Dr. Elsie Jackson of the department of Educational and Counseling Psychology at Andrews University.

I plan to use two standardized psychological instruments; the Derogatis Stress Profile measures stress on eleven scales of personality, environmental and emotional domains, while the Coping Resources Inventory measures coping strategies on eight scales of approach coping and avoidance coping respectively. Each instrument should take approximately 45 minutes.

I am seeking your approval to embark on the project in your field and to use your pastors' wives as human subjects. I am committed to ethical obligations for privacy and confidentiality during and after the collection of the data. I promise to destroy all survey sheets as soon as the study is concluded.

I look forward to a favorable reply from you soon at your earliest convenience.

Sincerely

Janet Ola

APPENDIX B

LETTER FROM THE NIGERIAN UNION MISSION

Letter from the Nigerian Union

Our Dear Mrs. Ola

I write for and on behalf of the Seventh-day Adventist Church in Nigeria to bring you Christian greetings in the name of our Lord. We thank the Lord for the wonderful way in which He has been taking care of you and the children since you left to further your education in the USA. We are delighted that you are nearing the completion of your course.

The Executive Committee of the Nigeria Union met yesterday and made a decision in your favour in connection with your request. The Committee

VOTED: to grant the request of Mrs. Janet Ola to undertake her doctoral study on "Measuring Stress and Coping Strategies of Pastors' Wives of the Nigeria Union Mission" in the fields within our Union.

We are grateful to you for your determination to contribute positively towards the cause of God in our Union. We believe your study will also have some significance for the World Church. Thank you for your stated ethical commitment to guarantee privacy and confidentiality in the collection and use of your standardized psychological measurement.

Our thoughts and prayers are always with you. We wish you every success and hope that it won't be long before you will successfully complete your studies and return to us to continue your dedicated services in the vineyard of the Lord.

Yours sincerely

S. N. Chioma
NUM Secretary

XC: NUM Officers

APPENDIX C

PARTICIPANT RECRUITMENT LETTERS

Dear selected Pastor's wife:

I am a pastor's wife and a doctoral student at Andrews University in Berrien Springs, Michigan. I am embarking on a research project "Measuring Stress and Coping Strategies of Pastors' Wives in the Nigerian Union of Seventh day Adventist" under the supervision of Dr. Elsie Jackson in the Department of Educational Psychology.

You were randomly selected from the current list of pastors' wives in your Conference as one of the potential participants in the research. Such random selection helps to insure a representative sample of the whole group without fear of favor. If you choose to participate as I hope, you will receive a packet of three simple questionnaires, which we estimate might take about 45 minutes of your time. The information obtained from the survey will be used in writing my doctoral dissertation and possibly serve as a basis for future seminars for pastors' wives. Please note that there is no cost to you and you will receive no money for participating. There are no risks involved.

All of your responses will be kept strictly confidential and no reference will be made to you as a person. All information will be coded and stored in the computer for analysis. If you choose to participate, you may receive a copy of my finding on your request. Because this is purely voluntary, I have attached a Participation slip for you to indicate your willingness to participate or not.

Your participation in this study is highly crucial to the completion of the project. Consider the benefit we can all derive from such a study and respond positively today. Please sign the attached paper and send it to Conference Sheperdess International Sponsor.

Sample of recruitment response letter

Dear Janet.

{ } Yes I wish to participate in the survey. I understand that there is no payment to me and no cost for participating, I want to remain anonymous.

{ } No, I do not wish to participate at this time due to personal reasons. I wish you success in the study.

{ } Yes, I wish to participate in the survey, and will like a copy of the result to be mailed directly to me. I am including a self-addressed envelope for future correspondence.

.....

APPENDIX D

SAMPLE OF APPRECIATION LETTERS

Dear pastoral wife,

Thank you for your willingness to participate in my study. I look forward to seeing you soon in your field. I am confident that this study will help in some way to make us understand some stressful areas of our lives as pastors' wives. Thanks again for your help.

Sincerely,

Janet Ola

The Union Executive

Nigerian Union Mission of SDA

Maryland, Lagos

Dear sirs,

APPRECIATION

Greetings to you in the name of our Lord and Savior. I write to thank you all for allowing me to do my study on pastoral wives in your field. It has been a rewarding experience. I shall now embark in the process of coding and analyzing the results. It is a long process before getting to the finish lines. I will still solicit for your prayers in this final stage of my studies. Thanks again for all your help.

Sincerely

Janet Ola

APPENDIX E

QUESTIONNAIRES

Part I

This section contains questions about how you manage important problems that come up in your life. Please think about the most important problem or stressful situation you have experienced in the last 12 months (for example, troubles with a relative or friend, the illness or death of a relative or friend, an accident or illness, financial or work problems). Briefly describe the problem in the space provided in Part I of the answer sheet. If you have not experienced a major problem, list a minor problem that you have had to deal with. Then answer each of the 10 questions about the problem or situation listed below and again on the answer sheet by circling the appropriate response.

Circle "DN" if your response is DEFINITELY NO.

Circle "MN" if your response is MAINLY NO.

Circle "MY" if your response is MAINLY YES.

Circle "DY" if your response is DEFINITELY YES.

DN	MN	MY	DY
DN	(MN)	MY	DY
DN	MN	(MY)	DY
DN	MN	MY	(DY)

1. Have you ever faced a problem like this before?
2. Did you know this problem was going to occur?
3. Did you have enough time to get ready to handle this problem?
4. When this problem occurred, did you think of it as a threat?
5. When this problem occurred, did you think of it as a challenge?
6. Was this problem caused by something you did?
7. Was this problem caused by something someone else did?
8. Did anything good come out of dealing with this problem?
9. Has this problem or situation been resolved?
10. If the problem has been worked out, did it turn out all right for you?

Circle "O" if your response is YES, Once or Twice.

Circle "S" if your response is YES, Sometimes.

Circle "F" if your response is YES, Fairly often.

N	O	S	F
N	C	S	F
N	O	S	F

There are 48 items in Part 2. Remember to mark all your answers on the answer sheet. Please answer each item as accurately as you can. All your answers are strictly confidential. If you do not wish to answer an item, please circle the number of that item on the answer sheet to indicate that you have decided to skip it. If an item does not apply to you, please write NA (Not Applicable) in the box to the right of the number for that item. Do not change an answer, unless you change your original answer and circle the new answer. Note that answers are numbered across in rows on Part 2 of the answer sheet.

1. Did you think of different ways to deal with the problem?
2. Did you tell yourself things to make yourself feel better?
3. Did you talk with your spouse or other relative about the problem?
4. Did you make a plan of action and follow it?
5. Did you try to forget the whole thing?
6. Did you feel that time would make a difference—that the only thing to do was wait?
7. Did you try to help others deal with a similar problem?
8. Did you take it out on other people when you felt angry or depressed?
9. Did you try to step back from the situation and be more objective?
10. Did you remind yourself how much worse things could be?
11. Did you talk with a friend about the problem?
12. Did you know what had to be done and try hard to make things work?
13. Did you try not to think about the problem?
14. Did you realize that you had no control over the problem?
15. Did you get involved in new activities?
16. Did you take a chance and do something risky?
17. Did you go over in your mind what you would say or do?
18. Did you try to see the good side of the situation?
19. Did you talk with a professional person (e.g., doctor, lawyer, clergy)?
20. Did you decide what you wanted and try hard to get it?

21. Did you daydream or imagine a better time or place than the one you were in?
22. Did you think that the outcome would be decided by fate?
23. Did you try to make new friends?
24. Did you keep away from people in general?
25. Did you try to anticipate how things would turn out?
26. Did you think about how you were much better off than other people with similar problems?
27. Did you seek help from persons or groups with the same type of problem?
28. Did you try at least two different ways to solve the problem?
29. Did you try to put off thinking about the situation, even though you knew you would have to at some point?
30. Did you accept it; nothing could be done?
31. Did you read more often as a source of enjoyment?
32. Did you yell or shout to let off steam?
33. Did you try to find some personal meaning in the situation?
34. Did you try to tell yourself that things would get better?
35. Did you try to find out more about the situation?
36. Did you try to learn to do more things on your own?
37. Did you wish the problem would go away or someone be ever with?
38. Did you expect the worst possible outcome?
39. Did you spend more time in recreational activities?
40. Did you cry to let your feelings out?
41. Did you try to anticipate the new demands that would be placed on you?
42. Did you think about how this event could change your life in a positive way?
43. Did you pray for guidance and/or strength?
44. Did you take things a day at a time, one step at a time?
45. Did you try to deny how serious the problem really was?
46. Did you lose hope that things would ever be the same?
47. Did you turn to work or other activities to help you manage things?
48. Did you do something that you didn't think would work, but at least you were doing something?

DSP₄

Name: _____		Age: _____ Sex: <u> M </u> <u> F </u> Date: _____	
C. No. _____		Location: _____	
Marital Status: <u>Single</u> <u>Married</u> <u>Separated</u> <u>Widowed</u> <u>Divorced</u>			
Education: _____		Job Description: _____	

INSTRUCTIONS

Below are a series of statements that describe the way some people feel about themselves. Please read each statement carefully and select one of the numbered descriptors below to indicate the extent to which the statement is true of you. Consider yourself as you typically behave or feel, and place the descriptor in the open blank to the right of the statement. If you change your mind, erase your selection completely. If you have any questions, ask the technician.

DESCRIP-TORS	0 = Not at all true of me 1 = Slightly true of me 2 = Moderately true of me 3 = Very true of me 4 = Extremely true of me
1. I feel there is never enough time to get things done	<input type="checkbox"/>
2. I rarely have feelings of being trapped or caught in life	<input type="checkbox"/>
3. I feel rules were made to be broken	<input type="checkbox"/>
4. I take some time out at least every day just to relax	<input type="checkbox"/>
5. I laugh easily	<input type="checkbox"/>
6. My job provides me many opportunities for exciting and satisfying activities	<input type="checkbox"/>
7. When I am on vacation with my family, I don't have as much fun as I think I should	<input type="checkbox"/>
8. I get into frequent arguments	<input type="checkbox"/>
9. I am always under a lot of pressure	<input type="checkbox"/>
10. I rarely exercise	<input type="checkbox"/>
11. I have no interest in things	<input type="checkbox"/>
12. I would like to be with my family more, but can never seem to find the time	<input type="checkbox"/>
13. I never worry about having a "wrecked" car	<input type="checkbox"/>
14. I believe that if you can't beat the other guy or the punch, he will beat you	<input type="checkbox"/>
15. I never sit still for very long	<input type="checkbox"/>
16. I am not very good at telling funny stories or jokes	<input type="checkbox"/>
17. I get great ideas as soon as the people I work with	<input type="checkbox"/>
18. I have a satisfying sex life	<input type="checkbox"/>
19. I have no problems with control of my temper	<input type="checkbox"/>
20. I am usually worried about something	<input type="checkbox"/>
21. I smoke too much	<input type="checkbox"/>
22. I rarely feel lonely	<input type="checkbox"/>
23. When I eat, I usually take my time	<input type="checkbox"/>
24. I frequently say I am going to spend less time on work, but don't seem to be able to	<input type="checkbox"/>
25. Most things I do I see as a challenge	<input type="checkbox"/>
26. I am not very interested in hobbies or sports	<input type="checkbox"/>
27. I seem to be more focused on the future than the present	<input type="checkbox"/>
28. My job range of talents are not suited to my job	<input type="checkbox"/>
29. I have a good relationship with my wife/husband (or unmarried partner)	<input type="checkbox"/>
30. Sometimes I just feel like killing somebody	<input type="checkbox"/>
31. I rarely feel nervous or uptight	<input type="checkbox"/>
32. I am in good physical shape	<input type="checkbox"/>
33. I sometimes have feelings of worthlessness	<input type="checkbox"/>
34. I rarely feel prepared for time	<input type="checkbox"/>

DSP₂

DESCRIPTORS

- 0 = Not at all true of me
1 = Highly true of me
2 = Moderately true of me
3 = Very true of me
4 = Extremely true of me

- | | | | |
|---|--------------------------|---|--------------------------|
| 28. The more things I achieve in life the less I seem to enjoy them. | <input type="checkbox"/> | 57. Every day I must get something tangible accomplished or I don't feel good about myself. | <input type="checkbox"/> |
| 29. I tend to be negative. | <input type="checkbox"/> | 58. I feel the most important thing in life is that you achieve something with it. | <input type="checkbox"/> |
| 30. I sometimes just "tune out" of work and get involved in other things. | <input type="checkbox"/> | 59. The idea of meditation or relaxation training has not had much appeal for me. | <input type="checkbox"/> |
| 31. Sex is an important part of life for me. | <input type="checkbox"/> | 60. I believe you can get a lot of help from others in getting the job done in life. | <input type="checkbox"/> |
| 32. I am frequently frustrated in my work. | <input type="checkbox"/> | 61. There are nightmarish parts of my job that are fresh, dull and boring. | <input type="checkbox"/> |
| 33. Interacting with my family and friends is a great source of enjoyment for me. | <input type="checkbox"/> | 62. I don't interact much with friends or neighbors. | <input type="checkbox"/> |
| 34. I rarely have angry thoughts about people. | <input type="checkbox"/> | 63. I rarely change my topic during conversation. | <input type="checkbox"/> |
| 35. When I know I have something unpleasant to do I worry about it for a long time. | <input type="checkbox"/> | 64. I rarely attend to my work seriously because I know they always get worked out some how. | <input type="checkbox"/> |
| 36. I don't take attacks for criticism or gain. | <input type="checkbox"/> | 65. I am very careful about my diet. | <input type="checkbox"/> |
| 37. I usually have plenty of energy. | <input type="checkbox"/> | 66. I sometimes have trouble sleeping. | <input type="checkbox"/> |
| 38. I enjoy being under pressure and doing a good job on many projects at the same time. | <input type="checkbox"/> | 67. When I have an appointment I always arrive late. | <input type="checkbox"/> |
| 39. I really look forward to my vacations. | <input type="checkbox"/> | 68. When I get started on a project, I don't like to stop until I am finished. | <input type="checkbox"/> |
| 40. I make a sincere effort to achieve a balance between work and life. | <input type="checkbox"/> | 69. I believe computer or bulks character and is good for you. | <input type="checkbox"/> |
| 41. It is not difficult for me to unwind after work. | <input type="checkbox"/> | 70. I have trouble relaxing. | <input type="checkbox"/> |
| 42. I really believe it is true at the top. | <input type="checkbox"/> | 71. I believe life is a struggle and you can't get anything for free out of it. | <input type="checkbox"/> |
| 43. Doing my job gives me a good feeling about myself. | <input type="checkbox"/> | 72. When I wake up in the morning, I really have trouble getting to work. | <input type="checkbox"/> |
| 44. I have a good balance between life and work activities. | <input type="checkbox"/> | 73. I really enjoy going to parties and meeting people. | <input type="checkbox"/> |
| 45. I get easily annoyed or irritated. | <input type="checkbox"/> | 74. If someone expresses a stupid idea, I rarely react, I ignore. | <input type="checkbox"/> |
| 46. I frequently have the feeling that something bad is going to happen to me. | <input type="checkbox"/> | 75. Sometimes I feel tense and anxious for no apparent reason. | <input type="checkbox"/> |
| 47. I believe having good health is more important than anything. | <input type="checkbox"/> | 76. I have trouble sleeping or sleep. | <input type="checkbox"/> |
| 48. Sometimes I feel hopeless about the future. | <input type="checkbox"/> | 77. I rarely blame myself for things that go wrong. | <input type="checkbox"/> |
| 49. When I am driving the car, I almost never run through traffic. | <input type="checkbox"/> | | |

Please indicate what you believe your current level of stress is by placing an 'X' on the line below.

Totally Free of Stress ●-----● Extremely High Stress

CRI-ADULT ANSWER SHEET

Form: Actual _____ Ideal _____

Name _____ Date _____ / _____ / _____ Sex _____ Age _____

Marital Status _____ Ethnic Group _____ Education _____

Part 1Describe the problem or situation _____

_____**DN = Definitely No****MN = Mainly No****MY = Mainly Yes****DY = Definitely Yes**

1. Have you ever faced a problem like this before? DN MN MY DY
2. Did you know this problem was going to occur? DN MN MY DY
3. Did you have enough time to get ready to handle this problem? DN MN MY DY
4. When this problem occurred, did you think of it as a threat? DN MN MY DY
5. When this problem occurred, did you think of it as a challenge? DN MN MY DY
6. Was this problem caused by something you did? DN MN MY DY
7. Was this problem caused by something someone else did? DN MN MY DY
8. Did anything good come out of dealing with this problem? DN MN MY DY
9. Has this problem or situation been resolved? DN MN MY DY
10. If the problem has been worked out, did it turn out all right for you? DN MN MY DY

Part 2**N = No, Not at all O = Yes, Once or twice S = Yes, Sometimes F = Yes, Fairly often**

1 N O S F	2 N O S F	3 N O S F	4 N O S F	5 N O S F	6 N O S F	7 N O S F	8 N O S F
9 N O S F	10 N O S F	11 N O S F	12 N O S F	13 N O S F	14 N O S F	15 N O S F	16 N O S F
17 N O S F	18 N O S F	19 N O S F	20 N O S F	21 N O S F	22 N O S F	23 N O S F	24 N O S F
25 N O S F	26 N O S F	27 N O S F	28 N O S F	29 N O S F	30 N O S F	31 N O S F	32 N O S F
33 N O S F	34 N O S F	35 N O S F	36 N O S F	37 N O S F	38 N O S F	39 N O S F	40 N O S F
41 N O S F	42 N O S F	43 N O S F	44 N O S F	45 N O S F	46 N O S F	47 N O S F	48 N O S F

PAR Psychological Assessment Resources, Inc./P.O. Box 998/Odessa, FL 33556/Toll-Free 1-800-331-TEST

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CRI-ADULT PROFILE

T Score	Raw Score								T Score
80									80
79									79
78									78
77									77
76					13		12		76
75					11		10		75
74					10		9		74
73					9		8		73
72					8		7		72
71					7		6		71
70					6		5		70
69					5		4		69
68					4		3		68
67					3		2		67
66					2		1		66
65					1		0		65
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PAR

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Demographic Information

Kindly check the column that applies to you in the following categories.

How long have you been a pastor's wife?

-----0-10 years -----11-20 years -----21-40 years ---- > 40years

How old are you?

< 18 years ----18-30 years -----31-40years ----41-50years -----51-65years

Educational qualification

----0-elementary ----High School -----College -----Post College

Conference

-----East Nigeria -----East Central -----Rivers -----Southeast

-----West Nigeria -----Southwest -----Edo-Delta

-----Northwest -----Northeast

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REFERENCE LIST

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